WINSTON & STRAWN LLP

BLOG

New Well at Winston Program Meets Individual Needs in an On-Demand World

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Fitting exercise, healthy eating, or meditation into an already jam-packed to-do list can be tough for busy lawyers and professional staff. Winston & Strawn is addressing this challenge with a new approach to physical health, mental wellness, and emotional resilience—Well at Winston.

Well at Winston provides a wide array of offerings that can be customized for individual interests with less of the formal programming found in traditional wellness programs. In addition to resources that enable each firm member to create a workable wellness routine that fits with their own schedule, Well at Winston offers activities that strengthen bonds in local offices and connect teams around the world.

Every firm member receives a free subscription to the Calm premium app with lunch-hour mindfulness/meditation "pop-ups" to help them make the most of this valuable tool. Webinars and podcasts on improved sleep, stress reduction, healthy eating tips, and more will be available for anytime, anywhere access. And we'll be providing more ways to ensure firm members have information about work-life and mental health benefits at their fingertips.

We're especially excited about a new Mindful Mondays audioconference that will be launching soon. Director of Coaching and Well-Being Diane Costigan and others will lead firm members through mindfulness exercises to help everyone start their week from a place of calm and resourcefulness.

Well at Winston also includes in-office yoga and other fitness offerings, healthy snacks to grab and go, on-site health screenings, and other ways to incorporate health and wellness into the workday. We'll continue to provide Mental Health First Aid training focused on increasing understanding and reducing stigma. In June, we'll be kicking off our annual WinSTRIDE Challenge, a friendly cross-office competition that gets people walking, jogging, and running to help their office log the most steps.

Each member of Winston & Strawn contributes to our firm's vibrant, supportive, and inclusive culture, and we are proud to offer a variety of resources to help them live healthier, happier lives.

1 Min Read

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