

You@Goodwin Monthly Newsletter

Stress Awareness Month

April is Stress Awareness Month when we strive to remember the importance of the impact that stress can have on our personal and professional lives. According to the American Psychological Association around 34% of adults report feeling that stress is completely overwhelming for them on most days. While managing stress isn't a one-size-fits-all, it's crucial to recognize what feels out of balance in the moment, and to acknowledge it. Sometimes, we cannot control the situations causing us stress, so we must focus on our reactions instead. Identifying healthy coping

strategies and seeking proper care when needed can reduce long-term effects. Take mini breaks, prioritize important tasks, proactively have open communication with your peers, and focus on managing your sleep schedule.

Additional resources on sleep:

[Reducing Workplace Stress](#)

[A Guide to Managing Stress in Crisis Response](#)

[Sleep and Stress](#)

[Managing Stress](#)

Webinar: Addressing Poor Sleep to Combat Stress & Burnout

About 60% of adults surveyed reported negative impacts of inadequate sleep; 70% of them said [not getting quality sleep](#) hurts their general level of work productivity, according to [recent survey results](#). Sleep Science Coach, Dr. Kimberly Lemke, joins Goodwin to discuss how sleep is the secret weapon for heightened productivity, reduced stress and burnout, innovation, and retention. This workshop will go beyond the usual "you need to sleep more" guidance and will offer unique strategies to optimize your workspace and workday. These strategies aim to improve nighttime rest and decrease stress and burnout.

Tuesday, April 29th

12:00 p.m. – 1:00 p.m. ET | 9:00 a.m. – 10:00 a.m. PT

Click [here](#) to register.

Behavioral Health Consultant Availability

Schedule one-on-one time with a Behavioral Health Consultant to discuss any life challenge or guidance of topics such as, work/personal relationships, family, parenting, anxiety, and more.

- Andrew – available every Tuesday
- Leslie – available every Wednesday
- Tess - April 17th
- Stephanie – April 17th
- Shirley – April 18th
- Leighna – April 23rd

Schedule your consultation [here](#).



GOODWIN

New Resource! Benefits Microsite

The 2025 Benefits Microsite is now live! You can now navigate through our user-friendly site to discover the benefits available to you. The site provides a great overview of our programs, but is not intended to be inclusive of all benefit plan details. Partners and employees can use this as a point of reference for any additional resources.

Benefits are broken out by our You@Goodwin pillars:

- Be Covered (insurance, disability, spending accounts)
- Be Prepared (financial and legal)
- Be Balanced (time off and family support)
- Be Well (emotional, physical, financial well-being)

Click [here](#) to take a moment to visit the microsite.



Upcoming Events

Explore topics this month through webinars, meditations, and workshops hosted by our vendors. Highlighted offerings include:

- BHS: Sleep Well and Stress Less Coaching Sessions
- Bright Horizons: Sleep and Neurodiversity
- Carrot: Understanding Your Reproductive and Fertility Health
- Fidelity: How to Make the Most of Your Retirement Saving
- Health Advocate: Grow Where You Are Planted: Making the Best of Situations
- Wellthy: Supporting Your Neurodiverse Child's Future

Click [here](#) to see all events.

The Wellness Brief



"Sometimes we have to remind ourselves that wellness does not require an "all or nothing" approach. If time does not allow for a long workout, walk, meditation, etc., don't abandon the wellness activity altogether. A short time spent on it will offer benefits and is better than no time at all!"

Jennifer White, Sr. Manager, Attorney Development

Click [here](#) to submit your wellness tips at work to be featured in our You@Goodwin newsletter

YOU@GOODWIN	Benefits Event Calendar
benefitsdepartment@goodwinlaw.com	617-570-1800

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