

## November is National Caregivers Month – “Plug-in to Care”

In November, we’re recognizing the 63+ million family caregivers across the U.S. with this year’s theme, **Plug-in to Care**. [The Caregiver Action Network’s](#) goal is to help caregivers connect to the right resources at the right time—through practical tools, targeted education (including weekly webinars), inclusive information, and stronger employer engagement for working caregivers. At Goodwin you can “plug in” to community and support through **Wellthy**. This month, Wellthy is hosting **virtual support groups** designed to help you find connection and real-world strategies with peers who understand your situation.

Wellthy Virtual Support Groups:

### **Managing a long-distance caregiving situation**

Wed, Nov 5<sup>th</sup> at 12:00 pm ET | 9:00 am PT  
[Register here](#)

### **Supporting someone with a mental health diagnosis**

Wed, Nov 12, 12:00 pm ET | 9:00 am PT  
[Register here](#)

The firm offers caregiving services through [Wellthy](#), [Bright Horizons](#), [BHS](#), and [KinderCare](#). Should you need additional support to care for your loved ones, including time off, please contact the [Benefits Team](#) for additional support.

## Time Change & Seasonal Affective Disorder (SAD)

With clocks shifting and daylight fading earlier, many of us feel the impact of lower energy, disrupted sleep, and even [Seasonal Affective Disorder](#) (SAD). These changes can affect focus and productivity, but proactive self-care can help you stay balanced and perform at your best.

Here’s what to do:

Start by prioritizing light exposure: open blinds, take morning walks, and step outside during breaks. Maintain a consistent sleep schedule and incorporate movement throughout your day to boost mood and energy. Mindfulness and gratitude practices like pausing for deep breaths or noting what you appreciate can help re-center and reduce stress. Stay socially connected by checking in with colleagues or scheduling virtual coffee chats.

## Behavioral Health Consultant Availability

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

- Andrew – available every Tuesday
- Leslie – available every Wednesday
- Leighna – Nov 12
- Tess – Nov 20
- Stephanie – Nov 20
- Shirley – Nov 21

Schedule your consultation [here](#).



LIVE WEBINAR

### ***The Sandwich Generation:*** **Caring for kids and aging parents**

Learn about practical tips for managing competing priorities and building a support system that works across generations.

#### **Wellthy**

Partners and employees in the U.S. offices have free access to Wellthy, a family care support program. Wellthy is for anyone who finds themselves managing care for a loved one, or themselves. Your dedicated Wellthy Care Coordinator will help manage and navigate financial, medical, legal, in-home care, housing, and social/emotional support in any capacity, big or small. Click [here](#) to learn more.

#### **Webinar: The Sandwich Generation – Caring for Kids and Aging Parents**

Learn about practical tips for managing competing priorities and building a support system that works across generations.

**Wednesday, November 19th**

**12:00 p.m. ET | 9:00 a.m. PT**

Click [here](#) to register.



#### **Upcoming Events**

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

- BHS Coaching Session: Panel Discussion on Navigating the Holidays
- Cleo: Making the most of your Cleo Benefit
- Headspace: Navigating Financial Stress – Understand Your Relationship with Money
- Health Advocate: Drugs and Addiction – What Everyone Needs to Know
- One Medical: Overview & How Your Insurance Works

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

#### **The Well-Being Brief**



*In moments where I start to feel overwhelmed by my workload, I like to start my daily to-do list with a task that takes 10 minutes or less. It helps me begin the workday with a sense of accomplishment and builds momentum for a productive day.*

**Meghan Donahue, Sr. Manager, Engagement, Culture, and Coaching**

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

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YOU@GOODWIN	<a href="#">Benefits Event Calendar</a>
<a href="mailto:benefitsdepartment@goodwinlaw.com">benefitsdepartment@goodwinlaw.com</a>	617-570-1800

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