

2025 MARCH Resiliency and Gratitude



The Bounce Back Project™ - Promoting Health Through Happiness

Daily practices centered on happiness have been proven to increase your resiliency, like filling a well of strength to draw upon when you encounter sad or stressful times. The Bounce Back Project™ has a single purpose — to impact the lives of individuals, communities, and organizations by promoting health through happiness. This month, we are going to highlight various resources and three activities to support you and your well-being. Activity topics include:

• **Three Good Things** 123

- Writing down three good things each day can increase feelings of happiness and decrease feelings of depression.

• **Gratitude**

- Think about someone who has impacted your life and write them a letter, call or text someone.

• **Random Acts of Kindness**

- An act of kindness for someone else can give you mental health benefits in return.

Head to the following March blog page to view more information on these activities and further resources:



<https://bewell.cretex.com/resiliency>

Marathon Health Resources - Workshops and Health Wise

For more learning opportunities, access Marathon Health's workshops and the Health Wise resource hub. Head to the Marathon Health's login page and then follow the prompts below to get started:

Health Wise topics:

Resources > Health Wise > Mental and Behavioral Health > Health Topics > More > Mind-Body Well-being OR Mindfulness-Based Stress Reduction

Workshops:

Resources > Wellness Workshops > Stress Management

SupportLinc Employee Assistance Program

A no-cost resource which is separate from the Cretex medical plan that can help you cope with the challenges in life that come your way.

Resources Include:

- **Short-term counseling:** Employees have access to up to **five (5)** in-person or virtual **no-cost** counseling sessions.
- **Critical incident assistance:** Tips, videos, guided exercises, and more that can help those dealing with major events such as grief, violence, or natural disasters.
- **Mindstream:** A fitness studio for your mind that includes engaging sessions to help you improve your life skills and emotional health.
- **Toolkits:** Should an employee need help with life's different struggles, utilize tools such as:
 - Resiliency Toolkit, Addiction Toolkit, Meditation Toolkit, and many more!

SupportLinc EAP also provides an overview video for employees to navigate these no cost resources.



Overview Video:
bewell.cretex.com/EAPWelcome

More Resources:

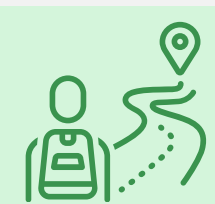
- Reach a licensed clinician by phone 24/7/365 when you call for assistance, **888-881-5462**.
- Explore SupportLinc today at <https://www.supportlinc.com> using group code: cretex
- You can also download the eConnect Mobile app for convenient access.

2025 Incentive Information

Earn an opportunity to order an item from our **new** online incentive store for every **three months** you participate in our monthly wellness activities (months need not be consecutive).

Maximize your opportunities to order from the incentive store by participating in all 12 monthly activities and completing your annual HRA. You will find the activity information in this very newsletter each month!

Reach out to your Be Well Champion for more details!



VISIT THE BE WELL
WEBSITE AT
BEWELL.CRETEX.COM
Monthly Activities, Wellness Resources
and Monthly Newsletter Archive



COMPLETE YOUR HRA
IN THE MARATHON
eHEALTH PORTAL
To complete your Health Risk Assessment
(HRA) on the Marathon eHealth Portal, Click
on "MyHealth" then "Questionnaires"

Featured Activity

Participate in this month's activity by engaging in either the Three Good Things, Gratitude, or Random Acts of Kindness Cards

The form will be available March 17th to March 31st.

Reach out to your Be Well Champion if you would like a paper copy of the 3 Good Things Tracker.



<https://bewell.cretex.com/Form0325>