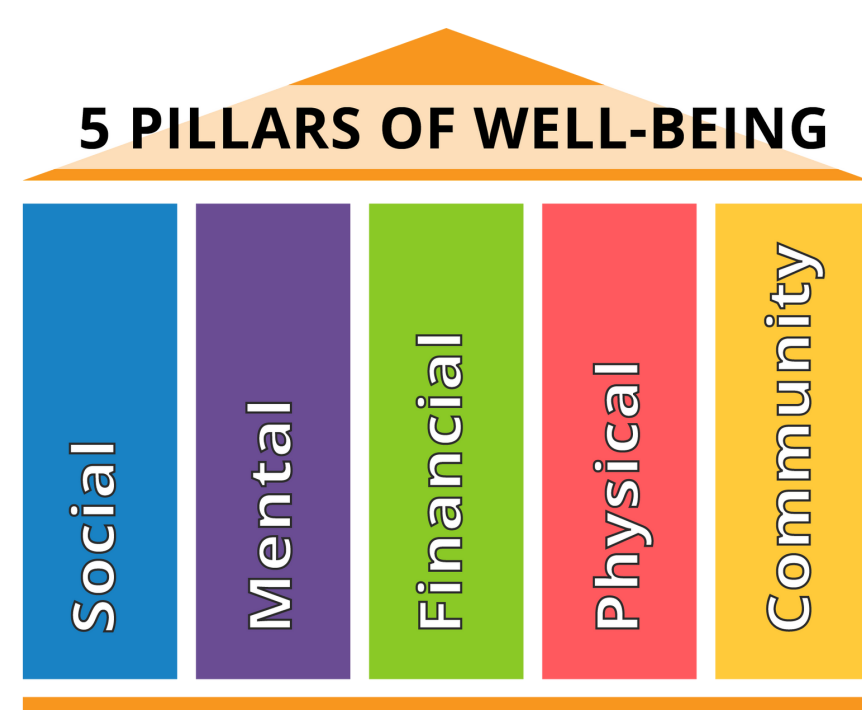


2022 JANUARY Five Pillars of Well-being



What does each pillar of well-being stand for?

Mental well-being: to realize your potential and the ability to cope with every day stressors

Physical well-being: having good health and energy to accomplish tasks

Social well-being: having strong relationships with others

Community well-being: engagement in the area you live and work

Financial well-being: effectively managing your economic life

Sources: WHO - www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response and GALLUP - <https://www.gallup.com/workplace/237020/five-essential-elements.aspx>

FEATURED ACTIVITY

Mental Health Myths Quiz

Take this mental health quiz from the CDC to learn more about mental health and to be eligible to receive an incentive.

1. Scan the QR Code with your smart phone or go to: <https://forms.office.com/r/PQj6pTMGWk>
2. Enter your name and company, then take the 10 question quiz.

The New Year tends to bring about new ideas, aspirations and goals. What are you hoping to focus on in 2022? We all have different priorities, so what is important to **YOU**?

Take some time to think about it...

- Do you want to focus on your finances by establishing a budget? Or re-evaluate your Principal 401(k) contribution?
- Is your physical health on your mind? Do you want to focus scheduling all of your preventive visits?
- What about your community? Is there a local organization you've always wanted to volunteer at?
- Have you felt disconnected recently? How can you spend more time with your friends or family?
- Do you want to learn more about how to manage stress? Or reach out to an EAP counselor for support?

When you are ready to take action, utilize the new **Cretex Employee Health & Wellness Resources** webpage to see all of the benefits and tools you can use to achieve your goals



www.cretex.com/bewell/

