

What's your goal?

### 5 PILLARS OF WELL-BEING



**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](http://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>

## Cretex Employee Health & Wellness Resources

When we enter into a new year, we often begin to think about what goals we may have for ourself or our family. It is important to reflect on the 5 Pillars of Well-being and where we want to spend our time and energy when setting new goals.

Once a goal is set we oftentimes think about what tools and resources we need to accomplish our goals. Make sure you familiarize yourself with the benefits and resources available to you and your family through being a Cretex employee.

Head to [www.cretex.com/bewell/](http://www.cretex.com/bewell/) or scan the QR code below to learn more!



### FEATURED ACTIVITY

For this month's activity, please view the 5 Pillars of Well-being webinar and fill out the Teams Form.

**How to Participate:** Scan the QR code located to the right of this text box or copy and paste the link into your web browser. Fill out the Teams form to be eligible for the incentive.

### TEAMS FORM



[go.cretex.com/bw0123](http://go.cretex.com/bw0123)

### WEBINAR



[go.cretex.com/bw-5pillars23](http://go.cretex.com/bw-5pillars23)