



When times get tough, instinct often pushes people toward coping mechanisms. These mechanisms can help people feel like they're escaping reality by relieving stress or distracting their minds. One of the ways people cope is through the use of technology and digital platforms. In 2021, Pew Research Center reported that about 3 in 10 US adults say they are 'almost constantly' online. Throughout this month, you will find resources and education that will help you use technology to your advantage and learn strategies to help you when you find yourself over-using it.

Digital Detox Resources

Use the below link to view resources available on the Be Well website to support you and your family!

www.cretex.com/mental-health-resources

Lincoln Financial Group Employee Assistance Program (EAP)

- Up to 5 face-to-face sessions per year at no cost
- Call 866-326-7194
- Web: www.guidanceresources.com App: "Guidance Now"
 - User: LFGSupport & Pass: LFGSupport1

FEATURED ACTIVITY

View the Digital Detox video and complete the Teams Form to be eligible for this month's incentive.

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.

LIVE Events



Link to live webinar, on **Monday, May 8th at 6:00pm Central Time**, presented by Erin Walsh and Dr. David Walsh with Spark & Stitch Institute:

go.cretex.com/bw0523-webinar



Join Katie and Melissa with Thumbs Up for a livestream discussion on the Thumbs Up Facebook page about **Digital Detox** on **Monday, May 15th @ 1:30pm CDT**.

<https://www.facebook.com/ThumbsUpHigh5K>

Did you know?

All past Be Well Newsletters and Resource pages can be found on our Be Well Website. Click the links below! Visit the resource pages often as new resources may be added as they become available.

Newsletters: <https://www.cretex.com/bewell-newsletters/>

Family Wellbeing: Caregiver Resources: <https://www.cretex.com/caregiver-resources/>

Financial Wellness: <https://www.cretex.com/financial-wellness-resources/>

Physical Wellbeing: <https://www.cretex.com/physical-fitness-activity-tracking/>

Video



go.cretex.com/bw0523-digital

Teams Form



go.cretex.com/bw0523