

2025 DECEMBER Holiday Balance



During the holiday season, it is natural to feel some level of stress. It is helpful to reframe how we view stress so we can better learn how to cope through it.

Stress is information, it tells us when something needs to change. – Dr. Heidi Hanna, PhD.

Consider what you have going on in your life right now and ask yourself:

- What is in my control?
- What is not in my control?
- Is there anything I can ask for help with?
- What would I say to someone who was experiencing a similar stressor?

Taking a moment to pause and reflect on how your feeling or a situation you are walking through can be an incredibly helpful skill to implement into your daily life.

2025 Incentive Information

Everyone is encouraged to participate in fun, healthy activities regardless of disability status or health coverage. If you are unable to participate in wellness activities due to a disability, contact HR for alternative options. Earn an opportunity to order from the **new** incentive store for every **three months** of activities you complete (non-consecutive months are OK).

You'll receive ordering info when you qualify.



Important Reminders



This is the **last month** to participate in an activity for 2025!

Don't forget to complete your **2025 HRA**.

Scan the QR code or head to the Marathon eHealth portal to complete it.



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"



2026 Be Well - Coming Soon!

In 2026, we're taking Be Well to the next level. Our theme for the year is "Choose Your Path to Wellness," with a focus on becoming more active in our health and supporting one another across our sites.

Throughout the year, you'll see new quarterly themes, team-based activities, and more opportunities to engage in your well-being. Stay tuned for details in January as we kick off the year together!



Featured Activity

Participate in this month's activity by participating in the "12 Days of Holiday Balance Activity"! Scan the QR code below to access this month's guide and activity tracker for the challenge! Once you finish the activity, complete the Microsoft Form to submit your activity completion! If you have any questions or need a paper copy of the activity tracker reach out to your Be Well Champion!



December Activity Tracker
https://bewell.cretex.com/Tracker_1225



December Activity Guide
https://bewell.cretex.com/Guide_1225



https://bewell.cretex.com/Form_1225