2026 Quarter 1 Mental Wellness

CRETEX be well

Q1 Focus: Mental Wellness

Mental wellness is not one-size-fits-all. This quarter, Be Well invites you to focus on small, intentional practices that support your mind, energy, and emotional well-being – at work and beyond into your overall life. The below areas are all great examples of how you can implement self-care for your mental health:

- **Mindfulness:** Being in the present moment with openness and not judging how you feel.
- **Meditation:** A practice that involves internal focus to support relaxation and mental clarity.
- **Positive outlook:** Approaching situations with hope and possibility rather than focusing on problems.
- **Professional help:** Care provided by trained and licensed professionals to help someone understand, manage and improve their mental well-being.

Mental Health Resource- SupportLinc Employee Assistance Program

SupportLinc is a no-cost, confidential resource available to all employees, household members, and qualified dependent children under 26 living outside their house.

- 5 in-person or virtual (video) counseling sessions
- Contact SupportLinc 24/7/365 via any of the following:
  - Call 888-881-5462 or Text the word "Support" to 51230
  - Online: https://bewell.cretex.com/SupportLinc Group code: cretex

What's Changed in 2026

NEW Program Format:

- Be Well now features quarterly themes instead of monthly themes
- Activities and communications will be shared each quarter
  - Look out for updated emails from the Be Well Champions and messages on the TV boards for updates on the activities happening at your site during the quarter!
- Not all activities will have incentives tied to them, but there will be opportunities for winning different prizes through drawings and/or challenges

Biometric Screenings:

- Employees are encouraged to complete their Biometric Screening through the Be Well clinics.
  - Screenings are available by appointment at the Be Well Health Centers at Brooklyn Park and Coon Rapids.
    - Log in to the Marathon eHealth Portal to schedule your biometric screening today!

Completing your Biometric Screening enters you into an incentive drawing. Quarterly drawings will be held for all employees who have completed their biometric screening the preceding quarter.

- You may schedule more than one biometric screening in a year, but are only eligible to participate in one drawing.

SCHEDULE A FREE BIOMETRIC WELLNESS SCREENING AT EITHER OF OUR ONSITE CLINICS

Click on "Schedule an Appointment" then "BioMetric Wellness Screen" in the Marathon eHealth portal to get started. Once employees complete their screen, they will be eligible for a reward!

VISIT THE BE WELL WEBSITE AT BEWELL.CRETEX.COM:

Quarterly Activities, Wellness Resources, and Monthly/Quarterly Newsletter Archive

Mental health support can strengthen resilience and reduce the impact of ongoing stress. - WHO

You don't have to handle everything alone – support is a part of healing. - SAMHSA

Taking care of yourself includes asking for help when you need it. - NAMI

Activities

Be Well activities will be onsite at each location. See the list below to check out what is going on this quarter at your location. Look out for monthly communications on upcoming activities and connect with your site's Champions for more information!

Elk River

- **Gratitude Wall** - *(February 2nd - February 27th)*
- **Mental Wellness Bingo** - *(February 2nd - March 31st)*
- **Healthy Soup for Positivity** - *(February 18th)*

CDT - Brooklyn Park

- **Gratitude Wall** - (Monday, February 2nd - Friday, February 27th)
- **Coloring Pages** - *(Monday, March 2nd - Friday, March 20th)*

CDT - Dassel

- **Gratitude Wall** - *(February 1st - February 28th)*
- **Mental Wellness Bingo** - *(March 1st - March 31st)*

rms - Coon Rapids

- **New Years Resolution Wall** - *(January 16th - January 30th)*
- **Journaling for Positivity** - *(Available until March 31st)*
- **Mental Wellness Bingo** - *(Available until March 31st)*

rms - Anoka

- **New Years Resolution Wall** - *(January 16th - January 30th)*
- **Journaling for Positivity** - *(Available until March 31st)*
- **Mental Wellness Bingo** - *(Available until March 31st)*

QTS - Bloomington

- **New Years Resolution Wall** - *(January 17 - February 6)*
- **Crafting Event** - *(March 11)*
- **Mental Wellness Bingo** - *(February 2 - February 27)*

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