



mainewell bliss

Positively impacting lives through wellness



SUMMER IN THE WINTER

My best friend shared a concept with me that I thought was a perfect intro to our first "dose of bliss". It's about embracing a "winter rest" mindset which involves acknowledging the season's natural inclination towards introspection and rejuvenation.

By not expecting summer-like productivity in the winter, one can prioritize rest and self-care, aligning with the rhythm of nature for a healthier and more balanced life. Is this a fitness pass until Spring?! I'm in.

virginia blair

hospitality leader
and wellness
advocate



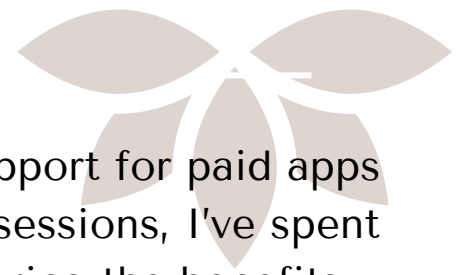
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Welcome to the launch of our first edition of mainewell bliss. This monthly support system, scheduled for the 15th of each month, aims to enhance your well-being by providing valuable resources.

As your new Workplace Wellness Advocate, I bring two decades of service with Maine Course. Climbing the ranks to General Manager, I've witnessed the ins and outs of the industry. Amidst the challenges of COVID, I faced workplace burnout, dealing with chronic stress hives and newfound anxiety. Now, I am committed to fostering a healthier and more balanced work environment for all.

Your survey results indicate strong support (80%) for this new workplace wellness program. A majority (60%) emphasizes the need for a mental health focus, while 30% highlight the importance of physical health. Additionally, 82% express interest in access to paid apps, and cheaper access to counseling. The majority identifies "walking" as a beneficial stress management activity during the work day, and there's a desire for a designated "safe place" for moments of intensity.

With a lot of support for paid apps and counseling sessions, I've spent some time exploring the benefits already available to us through our digitally enabled employee assistance program (EAP). These benefits include valuable training resources on a variety of topics, three free counseling sessions (in-person, video or telephone), peer support groups, and legal assistance-All accessible through the Uprise Health and the betterhelp app. All you have to do to access the betterhelp app services is refer to the number provided on the next page. I've attended three sessions myself, thus far, and found them very helpful. I also attended one of their group sessions and found it a very supportive experience. Please keep in mind, employees must contact Uprise health to be sent a link to betterhelp, they should not download the betterhelp app before contacting Uprise. Please send them my way if they need any assistance!



UPRISE HEALTH

great benefits already at your fingertips

Uprise
Health



Download the Uprise health app today and use code "worklife" to unlock access to certified health and wellness coaches

BetterHelp



3 free therapy sessions and 30% off sessions after that. Access to group sessions on wide variety of topics

CONTACT UPRISE HEALTH

THEY WILL CONNECT YOUR BETTERHELP ACCOUNT TO OUR FREE SESSIONS!

work.uprisehealth.com
Access code: worklife

1-800-386-7055
24 hours a day 7 days a week

