Matt Wozny, his wife Jenna and their dog Sky
QUICK TIP OR MINDFUL MOMENT

Participants are greeted with a quick tip associated with the session topic

Quick tip: Random acts of kindness
Be happy in the moment, that’s enough. Each moment is all we need, not more.

– Mother Teresa
EMPLOYER AND MEMBER WEBINARS

Connecting with Others Improves Your Health and Life Expectancy

Creating a Culture of Well-Being

The Blue Cross® Health & Wellness Website: Health Assessment, Digital Health Assistant and My Pregnancy Assistant

How to Build an Emergency Fund

Ways to Manage Debt

Creating a Personal Budget

Helping Employees Find Work-Life Balance

Kindness and Compassion in Personal Life

Encouraging Your Leadership to Embrace Well-Being

Kindness and Compassion in Work Life

The Happiness Advantage

The Importance of Being Connected

Support Your Company’s Culture of Well Being

The Blue Cross® Health & Wellness Website: Personal Health Record, Mobile Apps, Health Trackers, and Device and App Connection Center

Finding Work-Life Balance
EMPLOYER AND MEMBER WEBINARS

- Navigating Personal Challenges, Part 1
- Being Mindful of Physical Health, Part 2
- How to Be More Resilient
- What is a Culture of Well-Being?
- Community Well-Being: Encouraging Your Employees to Volunteer
- Connect to Your Community for Physical and Mental Benefits
- Mindfulness Matters, Part 2
- Kindness and Compassion in Work Life
- Social Well-Being: How to Connect in the Office
- Help Prevent Employees from Living Paycheck to Paycheck
- An Attitude of Gratitude
- Tips to Help Your Employees Save for Short and Long-Term Goals
- Supporting Employees with Personal Challenges, Part 1
- Wellness to Well-Being, Part 2
REWIRING BRAIN TOWARDS KINDNESS

Current research is cited and examples are provided.

I am grateful for...

What would make today great?

Daily affirmations.
I am...

3 Amazing things that happened today...

How could I have made today even better?
Benefits of gratitude

Research shows people who have a high level of gratitude have:

- Strengthened cardiac and immune systems
- Decreased stress, anxiety, depression and headaches
- Higher levels of happiness
- Improved emotional intelligence
- Increased self-esteem
MARKETING AND PROMOTION

Marketing efforts reach multiple stakeholders to drive engagement.
MINDFULNESS AND MEDITATION TRAINING

Growing body of research for treating depression, insomnia to glucose levels

Mindfulness meditation helps fight insomnia, improves sleep

If you've ever crawled under the covers worrying about a problem or a long to-do list, you know those racing thoughts may rob you of a good night's sleep. Sleep disturbances, like having a hard time falling asleep or staying asleep, affect millions of Americans.

The daytime sleepiness that follows can leave you feeling lousy and sap your productivity, and it may even harm your health. Now, a small study suggests that mindfulness meditation — a mind-calming practice that focuses on being aware of present moment — may help.

Mindfulness Practices May Help Treat Many Mental Health Conditions

The practice of mindfulness is linked to wide-ranging health benefits and has gained tremendous popularity in recent years as a strategy for self-care.

What is mindfulness? UCLA Mindful Awareness Research Center defines mindfulness awareness as “paying attention...
PROGRAM ENHANCEMENT

Weekly Wednesday meditation sessions

Gratitude
Body Scan
Walking
Relieving Stress
Compassion
Loving Kindness
Focus
Body Breathing
Anxiety Release
Friendship

Meditation is the practice of reaching ultimate consciousness and concentration — to acknowledge the mind and self-regulate it for growth.
"I thoroughly enjoyed yesterday’s webinar."

"Hi Matt - I’ve enjoyed your enthusiasm during the webinars and am pleased that BCBSM finally got on board with this type of information for its members."

"I’m so excited about this. I am so ready for this journey"

"I’m gonna be as sweet as suga now!"

"I loved this webinar and look forward to next week’s Happiness Advantage. I practiced yoga last year and learned the mindfulness technique, but I had forgotten all I learned. This was a great reminder and good tips to incorporate into my daily routine. I feel better already!"

"Yesterday was my 3rd session and I have enjoyed them all!"

"Sign me up for more!"

"Hello, I wanted to say that I loved the webinar. The presenter was very knowledgeable with the subject and did a great job presenting the information. I loved the information that he pulled from the studies."

"Yes, it was a very nice webinar and very informative."

"The presentation was great today."

"Great Webinar."
THANK YOU