



An Attitude of Gratitude

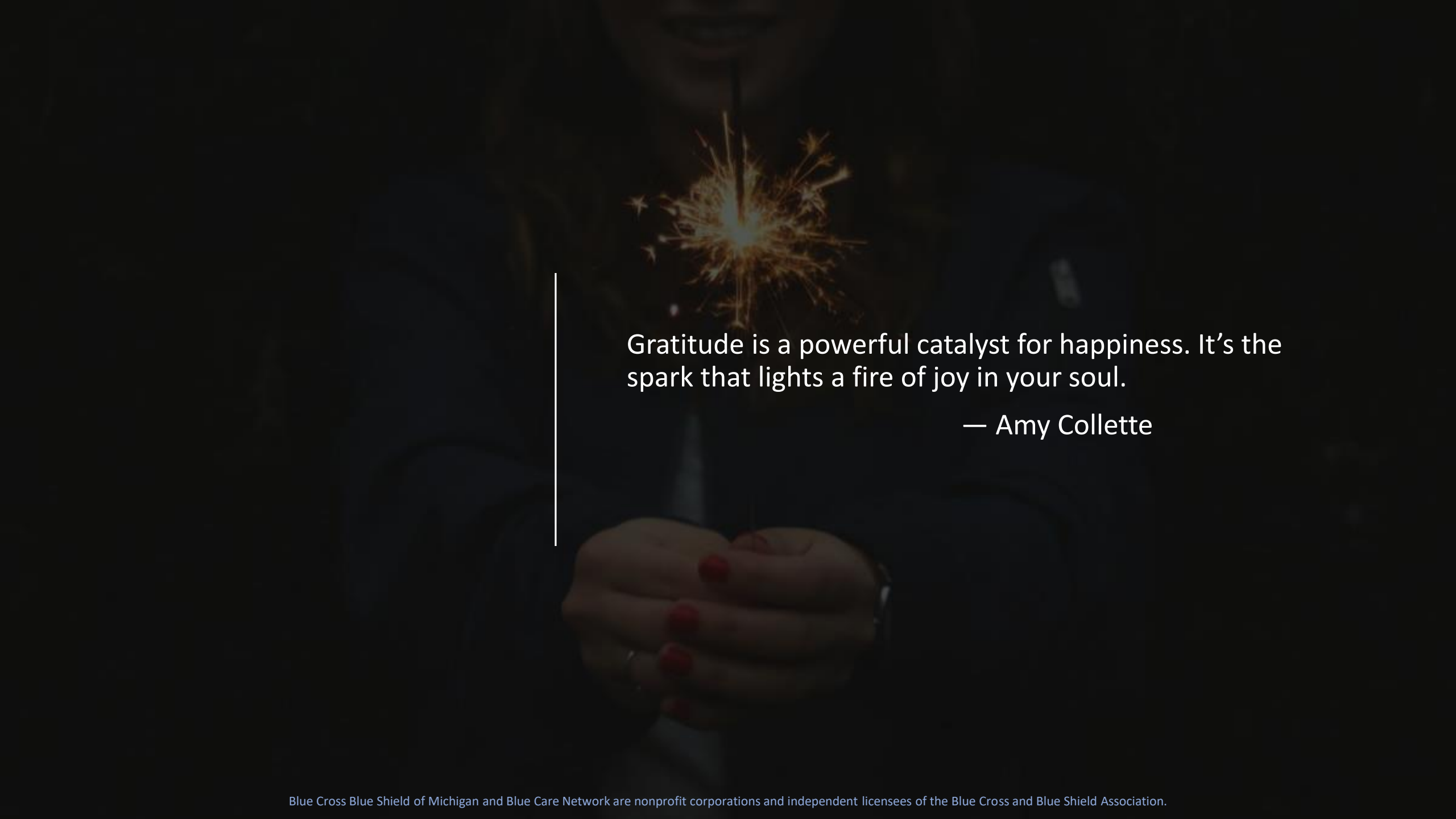
Presented by: Matthew Wozny, M.P.H., C.S.C.S.

Blue Cross® **Virtual Well-Being**

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A dark, moody photograph of a person holding a lit sparkler. The sparkler is bright and glowing, creating a starburst effect. The person's hands are visible at the bottom, holding the sparkler. The background is dark and out of focus.

Gratitude is a powerful catalyst for happiness. It's the spark that lights a fire of joy in your soul.

— Amy Collette

Gratitude is not only the
greatest of virtues, but the
parent of all the others.

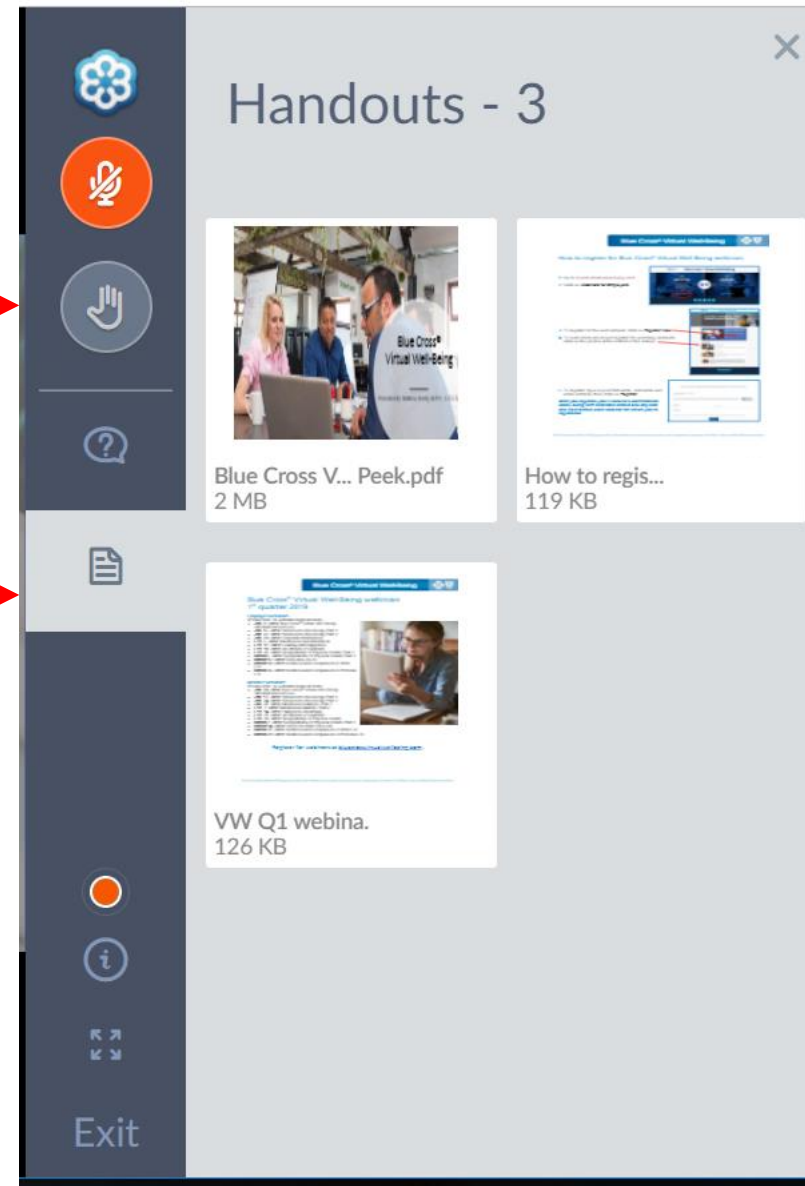
— Marcus Tullius Cicero



The webinar will begin momentarily.
Please stand by ...

- If you have a question or want to respond to the presenter, click the raised hand icon.
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Welcome to: An Attitude of Gratitude



The session will begin at 12 p.m.



This is an interactive session.



Minimize distractions.




There will be a Q&A at the end of the session.

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A man in a black t-shirt stands in a field of yellow wildflowers with his arms raised and head tilted back, looking up at a blue sky with scattered white clouds. The background shows a line of green trees under the same sky.

Gratitude turns what we have into enough.

— Melody Beattie

The deepest craving of
human nature is the
need to be appreciated.

— William James

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GRACIAS

THANK YOU

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Mark your calendar

Being Mindful of Physical Health, Part 1

- February 26, 2019
- 12 to 12:20 p.m.



Today's presenter

Matthew Wozny, M.P.H., C.S.C.S.





Quick Tip: Be grateful

Write down three things you are grateful for.



Today's session:

- Benefits of gratitude
- Gratitude from leaders
- Showing gratitude to employees



Benefits of gratitude

- Reach more goals
- Improved health
- More supportive
- Higher emotional intelligence
- Decreased stressed and anxiety
- Sense of self-care



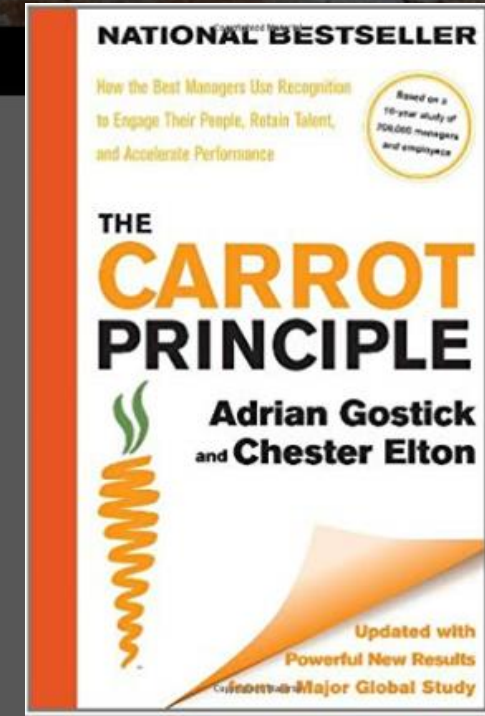
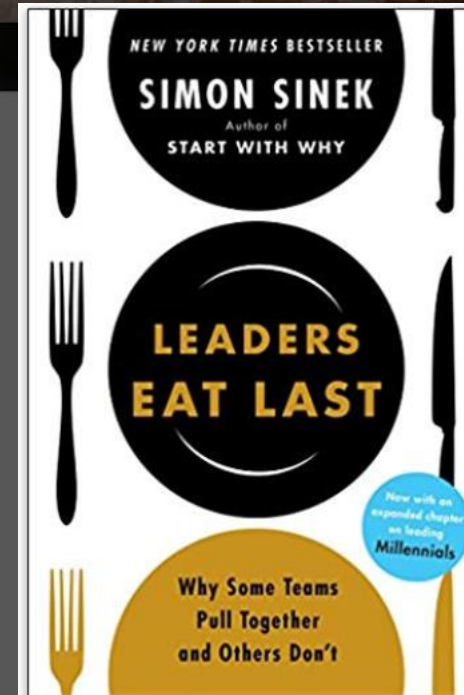
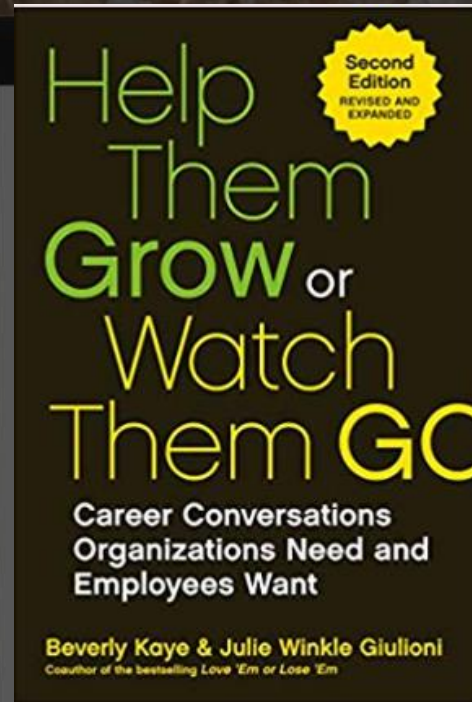
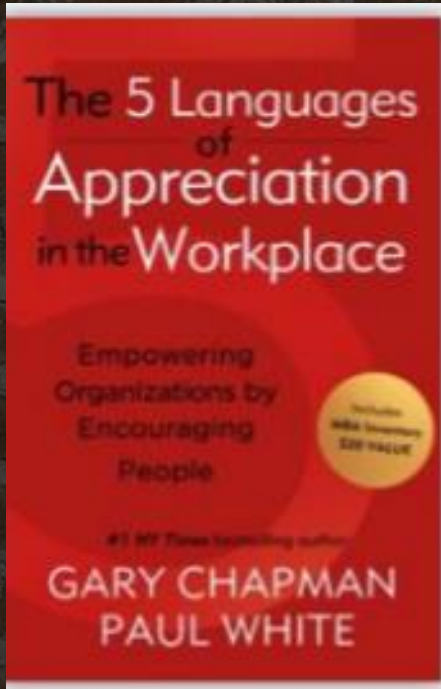
Gratitude from leaders

Showing gratitude to employees

- Individualized and personal
- Communicated regularly
- Meaningful to the recipient
- Authentic



For more information ...



- Virtual Well-Being site: bluecrossvirtualwellbeing.com
- Virtual Well-Being email: BlueCrossVirtualWell-Being@bcbsm.com



Next session: Being Mindful of Physical Health, Part 1

February 26, 2019

12 to 12:20 p.m.

In this session learn:

- Move more, sit less
- Dangers of sedentary lifestyles
- Benefits of active employees



Questions?