An Attitude of Gratitude

Presented by: Matthew Wozny, M.P.H., C.S.C.S.
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.
Gratitude turns what we have into enough.

― Melody Beattie
The deepest craving of human nature is the need to be appreciated.
— William James
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