Self-Care at Home

Member session
Presented by Melissa Amstutz, B.S.

Blue Cross® Virtual Well-Being

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

The webinar will begin at noon.

"Self Care is not selfish or self-indulgent. We cannot nurture others from a dry well. We need to take care of our own needs first, then we can give from our surplus, our abundance."

— Jennifer Louden

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

The webinar will begin at noon.

"An empty lantern provides no light. Self-care is the fuel that allows your light to shine brightly."

— *Unknown*

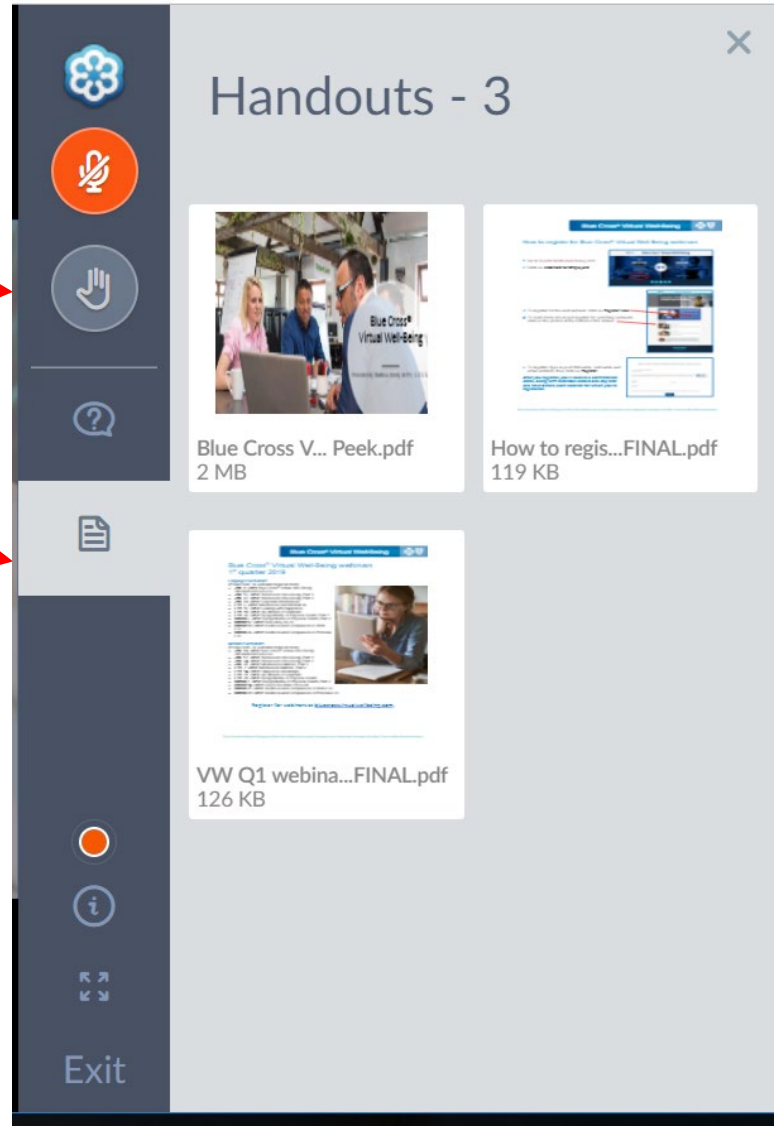
Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

The webinar will begin at noon.

If you have a question or want to respond to the presenter, click the raised hand icon.

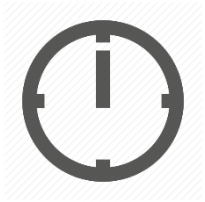
Download your slide handouts from the GoToWebinar panel.

If you have technical difficulties or questions, call GoToWebinar at 1-888-646-0014.



Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

Welcome to Self-Care at Home



The session will begin at noon.

This is an interactive session.

Minimize distractions.

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

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

The webinar will begin at noon.

"It is so important to take time for yourself and find clarity. The most important relationship is the one you have with yourself."

— *Diane Von Furstenberg*

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

The webinar will begin at noon.

Blue Cross Blue Shield Blue Care Network of Michigan

"When you recover or discover something that nourishes your soul and brings joy, care enough about yourself to make room for it in your life."

— *Jean Shinoda Bolen*

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

Self-Care at Home

Member session
Presented by Melissa Amstutz, B.S.

Blue Cross® Virtual Well-Being

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

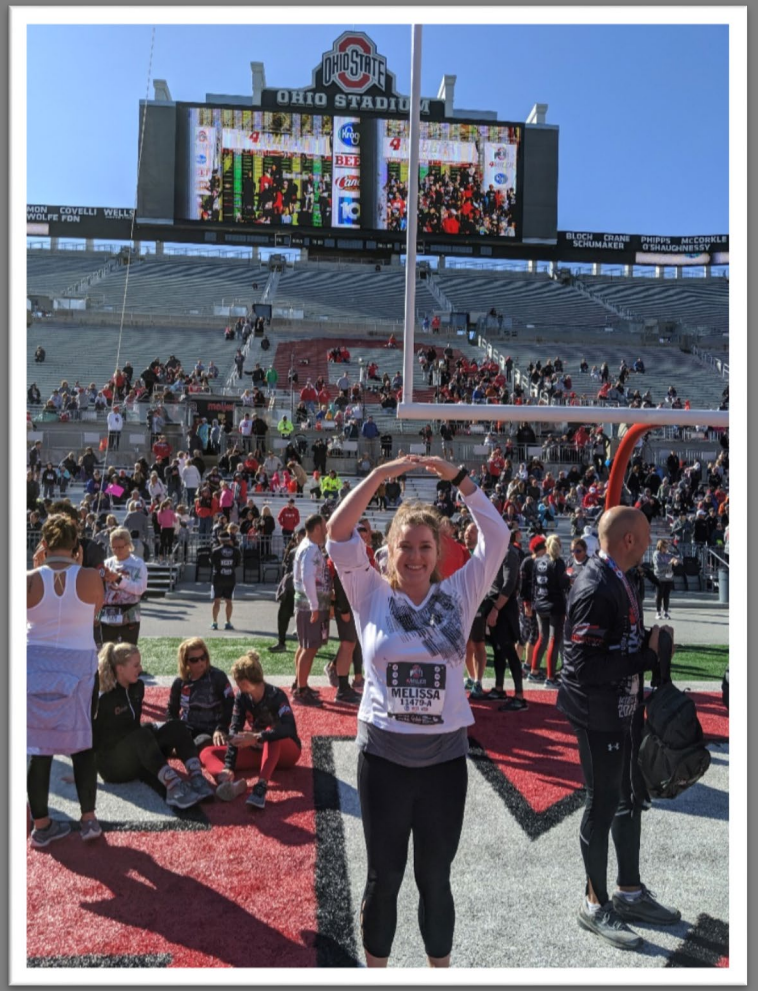
Mark your calendars

Using Vision Boards to Re-Energize Your Goals

- June 11, 2020
- Noon to 12:20 p.m.

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

Today's presenter



Melissa Amstutz, B.S.

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

Today's session

- Self-care definition
- Benefits of self-care
- Examples of self-care activities

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

Self-care definition

Self-care is what we do for ourselves in order to maintain a sense of psychological, physical and emotional well-being.

Self-care is:

- Self-respect
- A way of life
- Being mindful of our emotions

Self-care is not:

- Selfish
- An occasional activity
- A distraction from stressors

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

Benefits of self-care

- Demonstrates that you know your personal worth
- Fosters a healthy work-life balance
- Vital component of stress management
- Entails that you know your priorities
- Increases your productivity
- Translates to better physical health
- Leads to greater resilience across all areas of life
- Improves your mood and energy levels

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

Examples of self-care activities

Mind

- Positive self-talk
- Digital detox day
- Watch or listen to meaningful content
- Journal

Body

- Make one small change to your diet
- Incorporate exercise into your day
- Cuddle with a loved one (fur babies count)
- Take a quick nap

Spirit

- Call or meet a friend
- Enjoy the great outdoors
- Listen to peaceful music
- Try a new yoga pose or meditate

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

June well-being assignments

Host a movie night – in person or virtually – with friends and family.

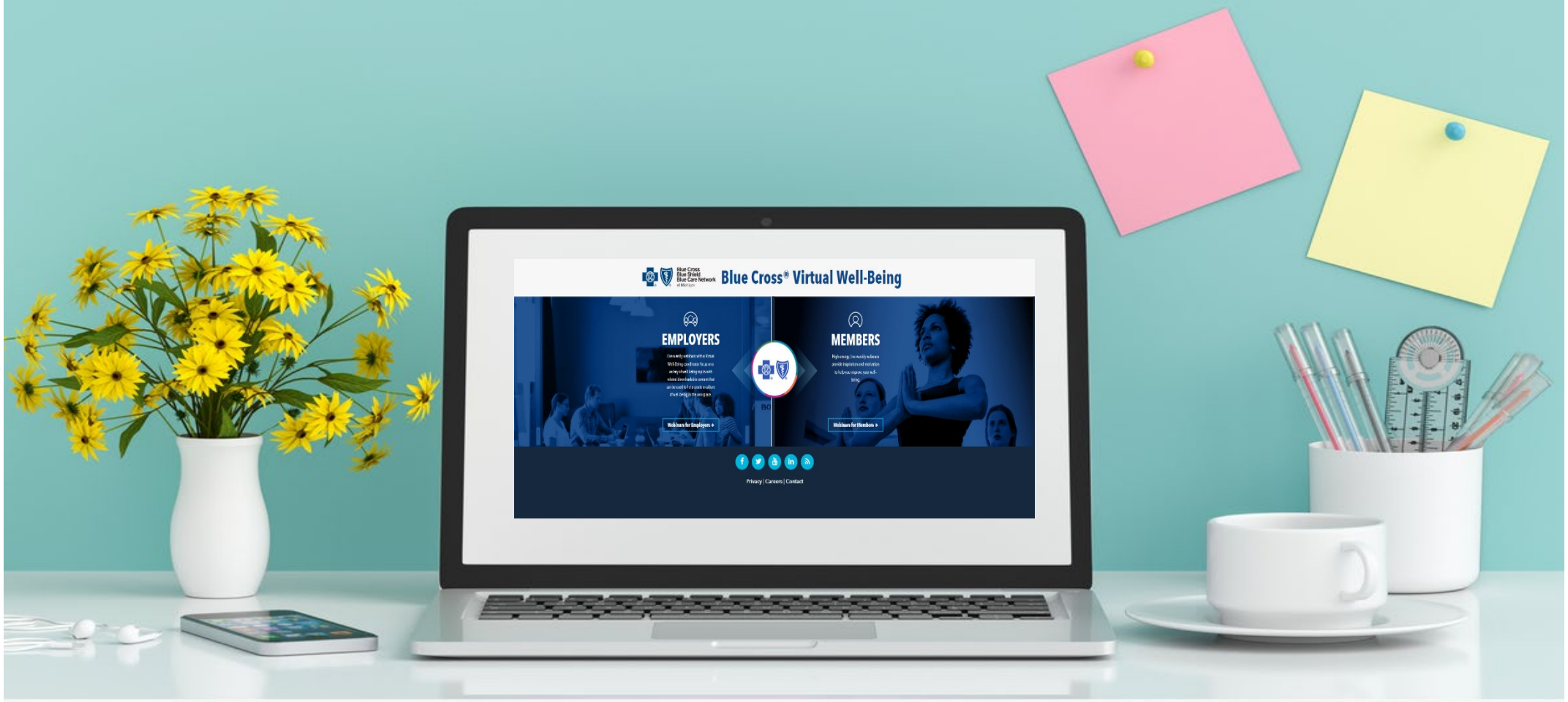
Visit a museum – in person or virtually. Check out the beautiful displays, and pick a favorite piece of art.

Try a new sport or exercise.

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

For more information

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



Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

Next session: Using Vision Boards to Re-Energize Your Goals

June 11, 2020

Noon to 12:20 p.m.

A vision board can be a creative way to display your goals and help you achieve them. Your Virtual Well-Being coordinator provides examples and the scientific evidence to support having a plan.

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

Questions

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.