Blue Cross Blue Shield Blue Care Network of Michigan

Blue Cross Virtual Well-Being℠

Nurturing Your Relationships

The information in this session is for educational purposes and not meant to replace the advice of your physician or provide diagnosis or treatment. Consult with your doctor if you have questions or concerns.

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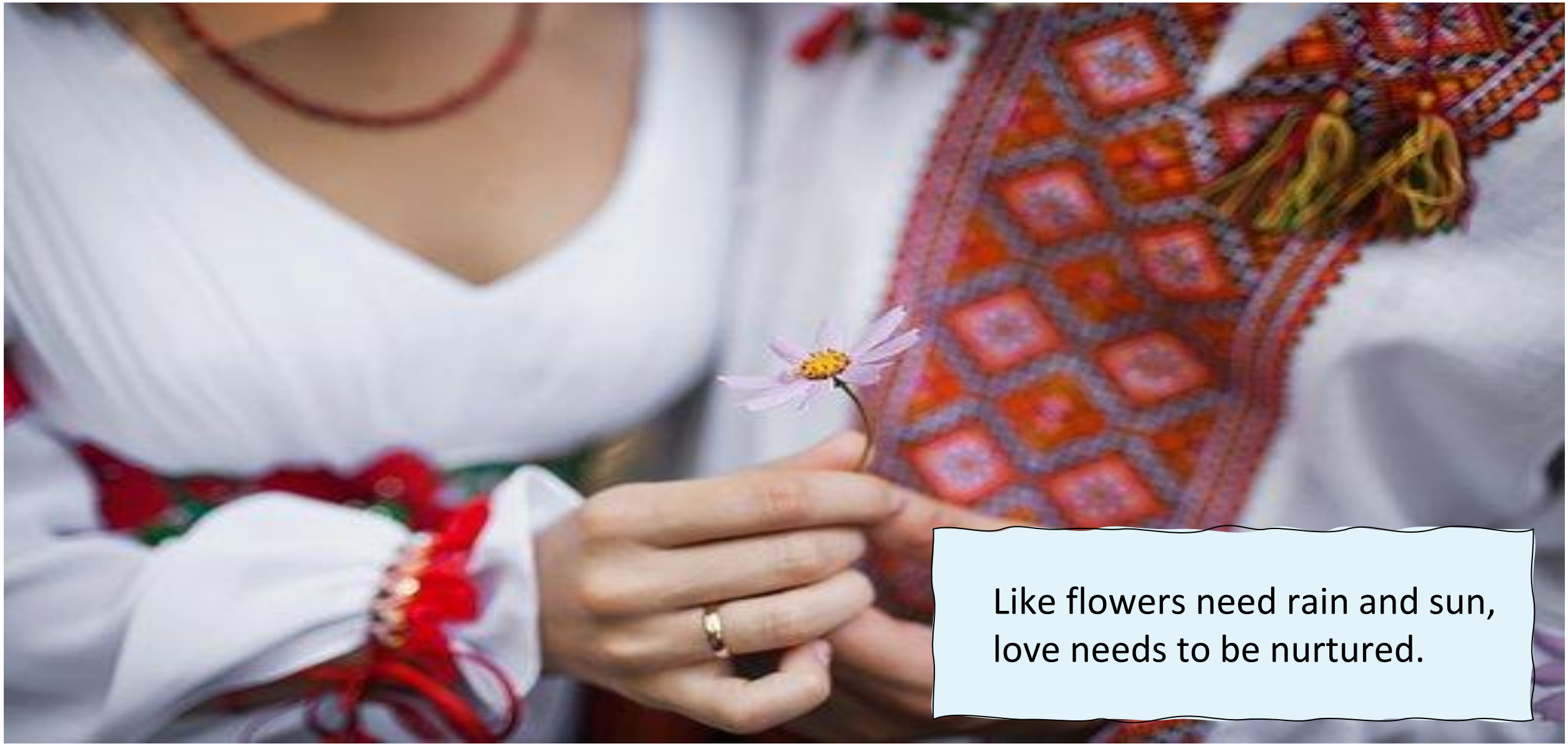
The webinar will begin at noon

Blue Cross Blue Shield Blue Care Network of Michigan



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"Cherish your human connections – your relationships with friends and family."
— *Barbara Bush*

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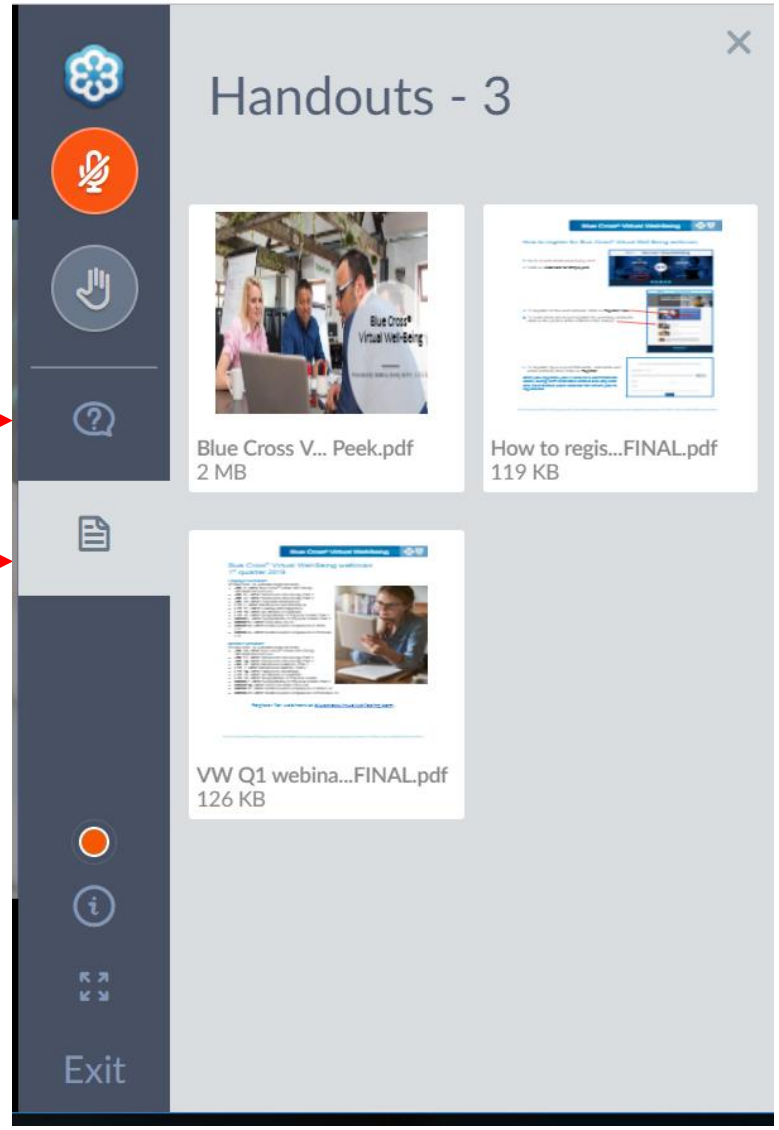
Submit a question or comment using the **Question** feature.

Download slides or handouts using the **Handout** feature.



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People are social beings. They need friendship — people who empathize, listen or have fun together.

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"Mutually caring relationships require kindness and patience, tolerance, optimism, joy in the other's achievements, confidence in oneself, and the ability to give without undue thought of gain."

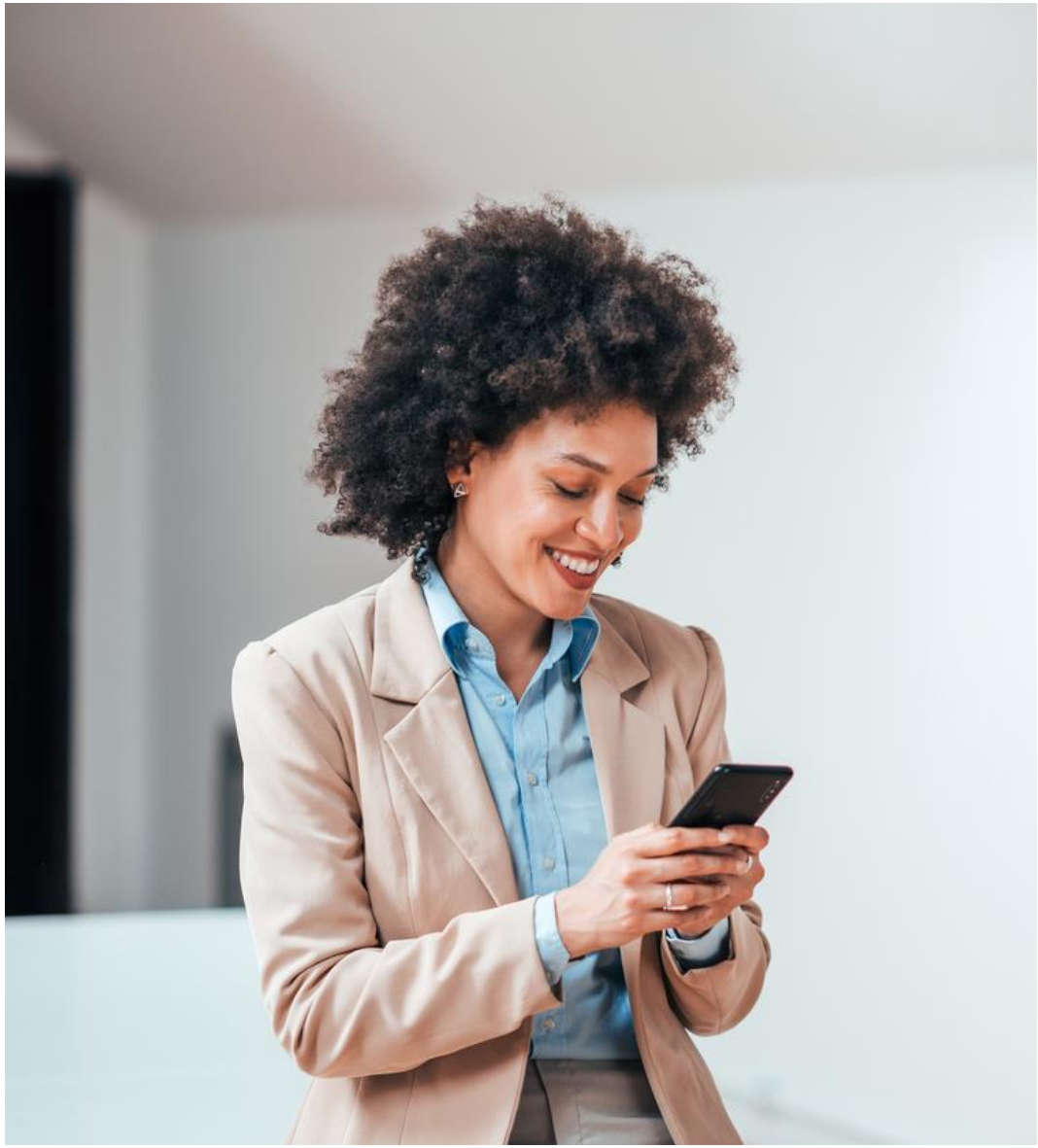
– *Fred Rogers*

The webinar will begin at noon

8-Minute Relaxation and Affirmation Meditation with Baby Goats
Wednesday, July 14, 2021
12 p.m. Eastern time

COVID-19 Updates
Thursday, July 15, 2021
12 to 12:30 p.m. Eastern time

Receive weekly registration reminders



Text **MOTIVATE** to **222764**.

Message and data rates may apply. Visit **bcbsm.com** for our *Terms and Conditions of Use* and *Privacy Practices*.

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Alone time to nurture a relationship with yourself

- Go for a walk.
- Enjoy your hobby.
- Read a book.
- Take a nap.
- Listen to your favorite music.
- Journal.
- Meditate.

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Cultivate healthy relationships with friends and partners

- Maintain emotional connection.
- Keep things positive.
- Empathize.
- Be kind.
- Let go of toxic people.
- Focus on similarities.
- Connect through service.

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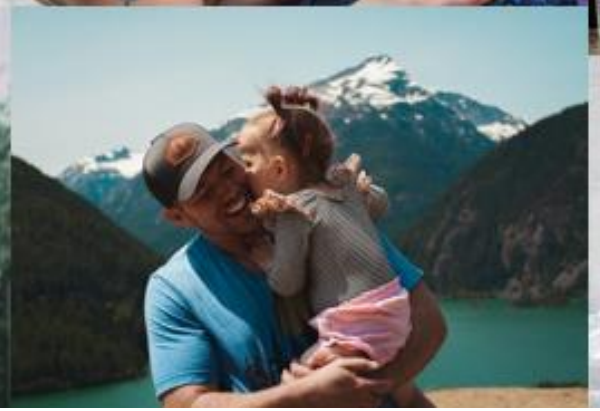
Nurture relationships with your family

- Create rituals together.
- Get outdoors.
- Listen with intention.
- Apologize and forgive.



Drop 5 Virtual Weight Loss Community

Blue Cross Blue Shield Blue Care Network of Michigan

Drop 5 is a **free** weight-loss community that meets virtually on Thursdays with a goal of losing five pounds at a time. Anyone older than 18 can participate with no registration necessary.

Tip of the week:

Eat before you go grocery shopping.

Check in with us using the Question box.

- Let us know if you have lost five pounds.
- Share your nonscale victory from this week.

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Drop 5 participants who lost 5+ pounds

Blue Cross Blue Shield Blue Care Network of Michigan

- Karen B.
- Robin B.
- Kim D.
- Jodi H.
- Melinda W.
- Karen K.
- Lisa B.
- Michelle K.
- Anne K.
- Michelle L.
- Marge P.
- Danielle G.
- Joan G.
- Susan L.
- Jacqueline S.
- Amanda G.
- Meghan L.
- Debra O.
- Gordon S.
- Lisa C.
- Christina S.
- Betsy S.
- Valorie V.
- Veronica W.
- Jennifer S.
- Cindy K.
- Julie B.
- Melanie H.
- Susan L.
- Rob M.
- Katina B.
- Geena S.
- Nancy S.
- Diane T.
- Pamela Q.
- Amy L.
- Lynne H.
- Kim P.
- Tracy A.
- Kristen B.
- Sherry L.
- Michelle M.
- Cheryl R.
- Toni E.
- Maureen F.
- Lisa B.
- Sherry L.
- Amy N.
- Stacy W.
- Stephanie W.
- DJ H.
- Cathy P.
- Rachel W.
- Tina Z.
- Heather B.
- Ursula M.
- Bridgette G.
- Karen K.
- Susan L.
- John S.
- Sheila J.
- Linda C.
- Deb M.
- Kuiyana R.
- Ivone R.
- Christina S.
- Penny S.
- Marianne S.
- Yolanda F.
- Gordon S.
- Shana B.
- Chris B.
- Gregg C.
- Linda B.
- Mark L.
- Dawn M.
- Melanie H.
- Christyn H.
- Michelle G.
- Cindy B.
- Briana R.
- Catherine F.
- Ramona M.
- Kelly M.
- Sarah
- Kelly W.
- Yolanda F.

Nonscale victories

- I tried dragon fruit for the first time. It wasn't the greatest.
- I have started cooking more (this year) and eating healthier.
- I am planning and hope to walk the Bridge on Labor Day.

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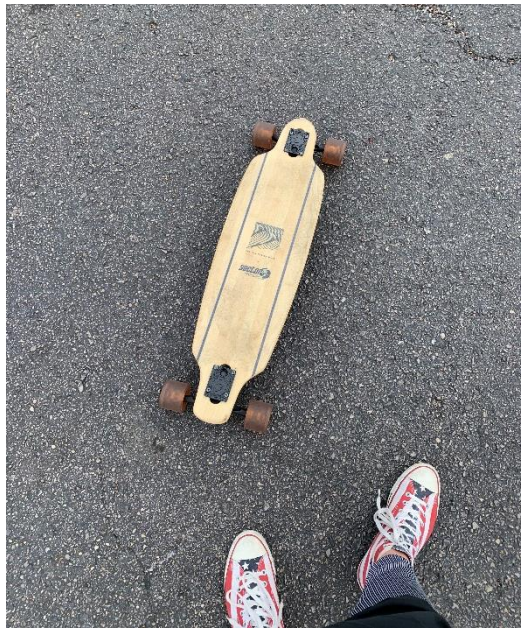
Summer Selfie Challenge

From June 1 to August 31, we challenge you to get outside. Walk in a park, ride trails, explore your back yard, or visit a waterfall. Take a selfie* and send it to BlueCrossVirtualWell-Being@bcbsm.com. Include your name and location and we will share your pictures with this virtual community. We want to see you enjoy the great outdoors!

A day in Tawas at Lake Huron
(Rhodia G.)

Playing mini-golf with family.
(Jessica H. – IA)



Learning to long board.
(Dan M. – MI)

*If you're camera shy, take a picture of something you found interesting or beautiful while you were outside and send it!

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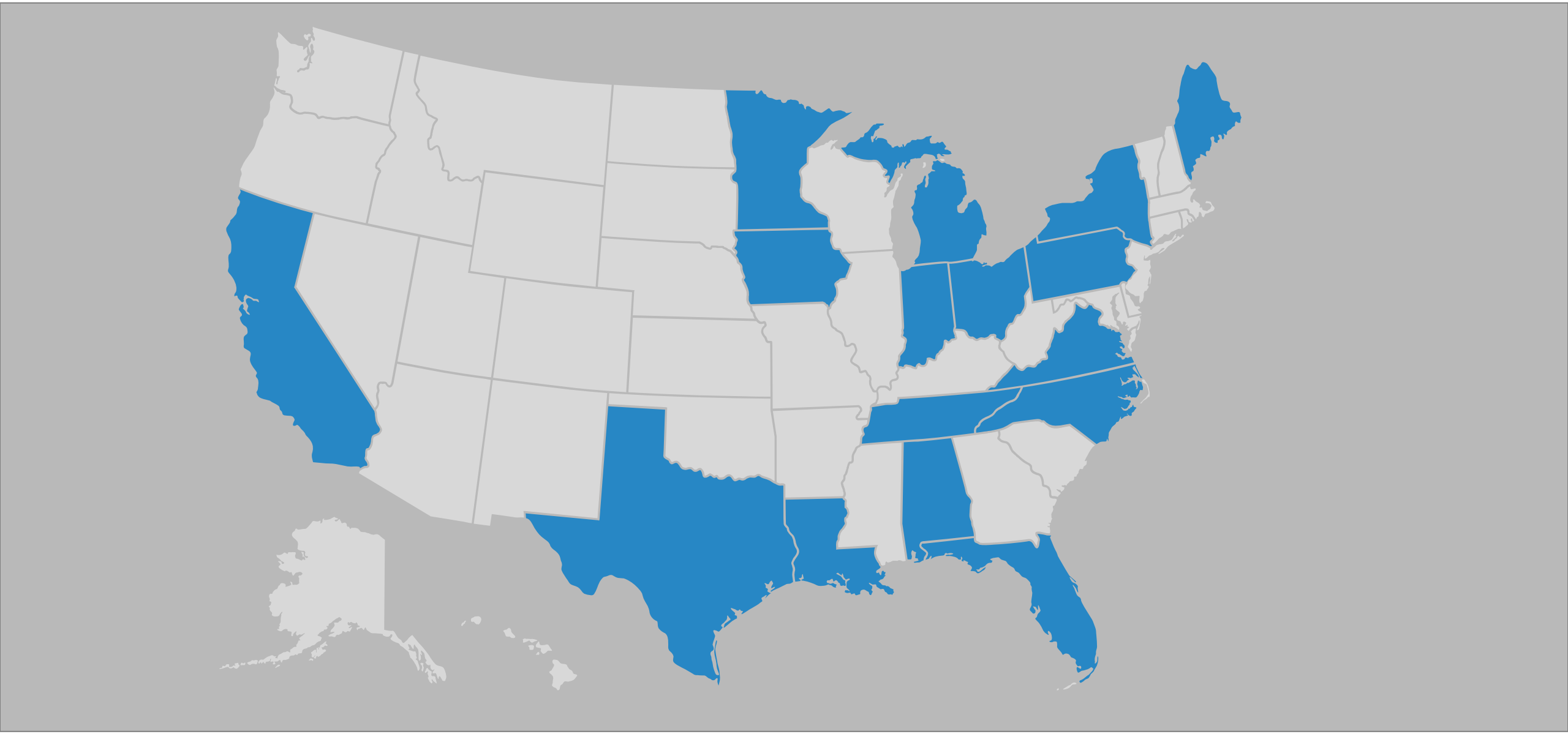
Summer Selfie Challenge

Summer Selfie Challenge – Places we have "visited"



For more information

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