



Blue Cross
Blue Shield
Blue Care Network
of Michigan

THE POWER OF ROUTINE AND RITUALS

AND THE DROP 5 VIRTUAL WEIGHT-LOSS COMMUNITY





“The routine is
exceptionally powerful.”
— *Darren Hardy*

“Find rituals to organize your life. It will boost your happiness (and) give you greater joy.”
— *Casper Ter Kuile*



The webinar will begin at noon

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

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



The screenshot shows a webinar interface. On the left is a dark sidebar with several icons: a blue cloud logo, a microphone icon, a hand icon, a question mark icon, a document icon, a red circle icon, an information icon, and a navigation icon. At the bottom of the sidebar is the word 'Exit'. The main area is titled 'Handouts - 3' and contains three PDF documents:

- Blue Cross V... Peek.pdf** (2 MB): A document with a photo of people in a meeting and the text 'Blue Cross® Virtual Well-Being'.
- How to regis...FINAL.pdf** (119 KB): A document with a screenshot of a registration page.
- VW Q1 webina...FINAL.pdf** (126 KB): A document with a list of items and a photo of a person at a computer.



“Rituals are never value neutral. They hold a story or a myth or a set of values. We use rituals as a way to affirm who we want to be together.”

— *Casper Ter Kuile*



“Your morning sets up the success of your day. I use my first hour awake for my morning routine of breakfast and meditation to prepare myself.” — *Caroline Ghosn*

The webinar will begin at noon



Five-Minute Meditation along the Saigon River

Wednesday, Oct.6, 2021

12 p.m. Eastern time



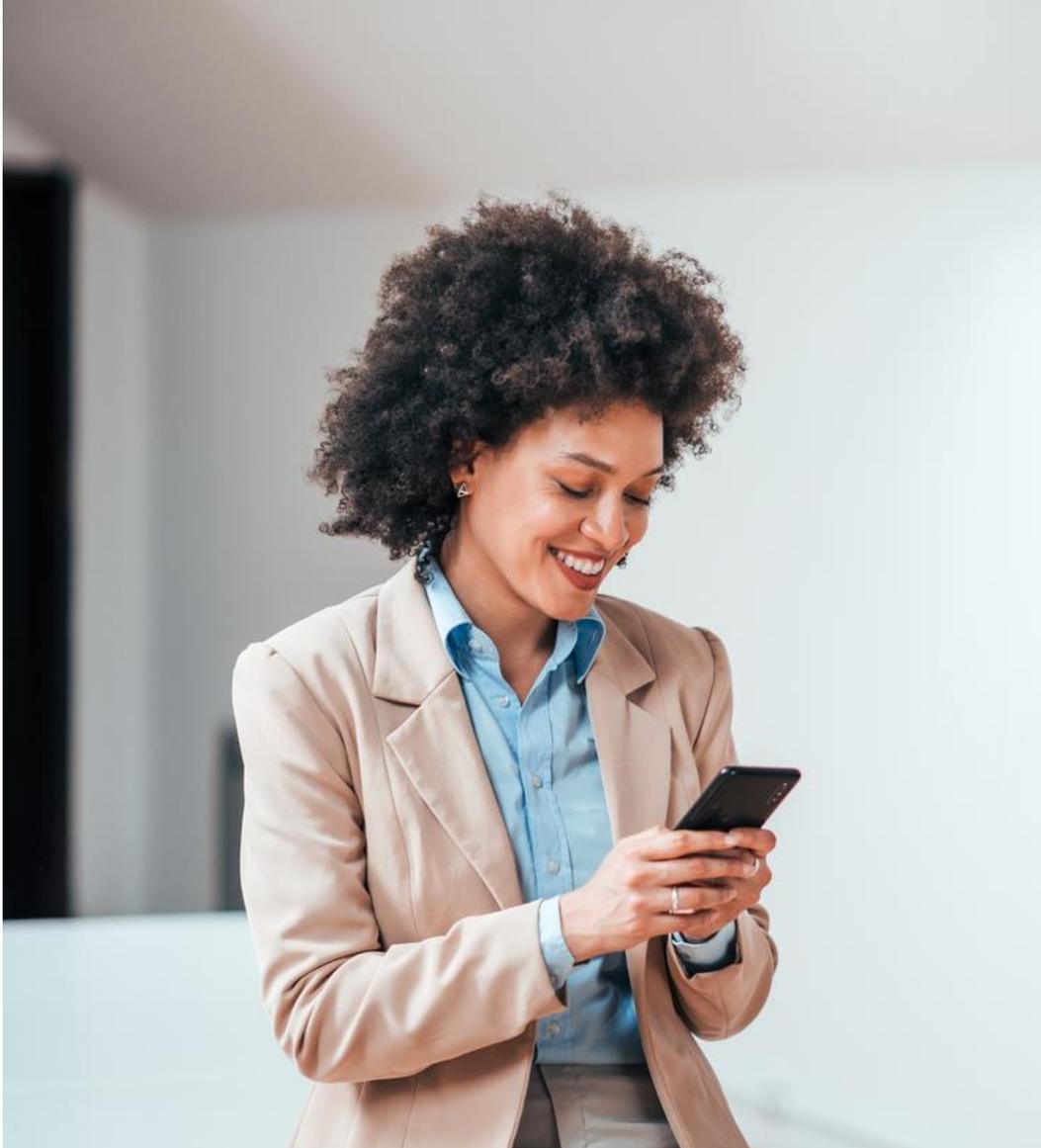
Cold Frame Gardening and the Drop 5 Weight-Loss Community

Thursday, Oct. 7, 2021

12 to 12:30 p.m. Eastern time

Past shows and meditations are also available on demand at [bluecrossvirtualwellbeing.com](https://www.bluecrossvirtualwellbeing.com).

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*.

Special webinars: COVID-19 mental health checkup

This October, Blue Cross offers three interactive panel discussions facilitated by mental health specialists. These hour-long webinars focus on how COVID-19 has affected our mental health and include:

- Tips for coping
- Resiliency strategies and techniques
- Resources to support you and your family

Webinar topics are:

Men's Mental Health

Date: Monday, October 18

Times: 12 p.m. and 6 p.m. Eastern time

Grief and Loss

Date: Monday, October 25

Time: 12 p.m. Eastern time

Women's Mental Health

Date: Friday, October 29

Times: 12 p.m. and 6 p.m. Eastern time



Register at bluecrossvirtualwellbeing.com.



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Rituals

Routines that have a meaningful purpose.

Ground us

Give us order out of chaos

Connect us to a purpose



Drop 5 Virtual Weight-Loss Community

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

Tip of the week: Morning habits to help you lose weight

- Get the appropriate amount of sleep.
- Let in the morning sun.
- Eat a protein-rich breakfast.
- Drink a glass of water.
- Practice mindfulness.



Check in with us using the Question box and share your scale and nonscale victories.

For more information

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

