



Blue Cross Virtual Well-BeingSM

Employer session

Dr. William Beecroft, MD
Discusses Anxiety at Work



The webinar will begin at noon



57% of American workers reported feeling stressed daily.
— *2021 Gallup Global Workplace Report*

The webinar will begin at noon

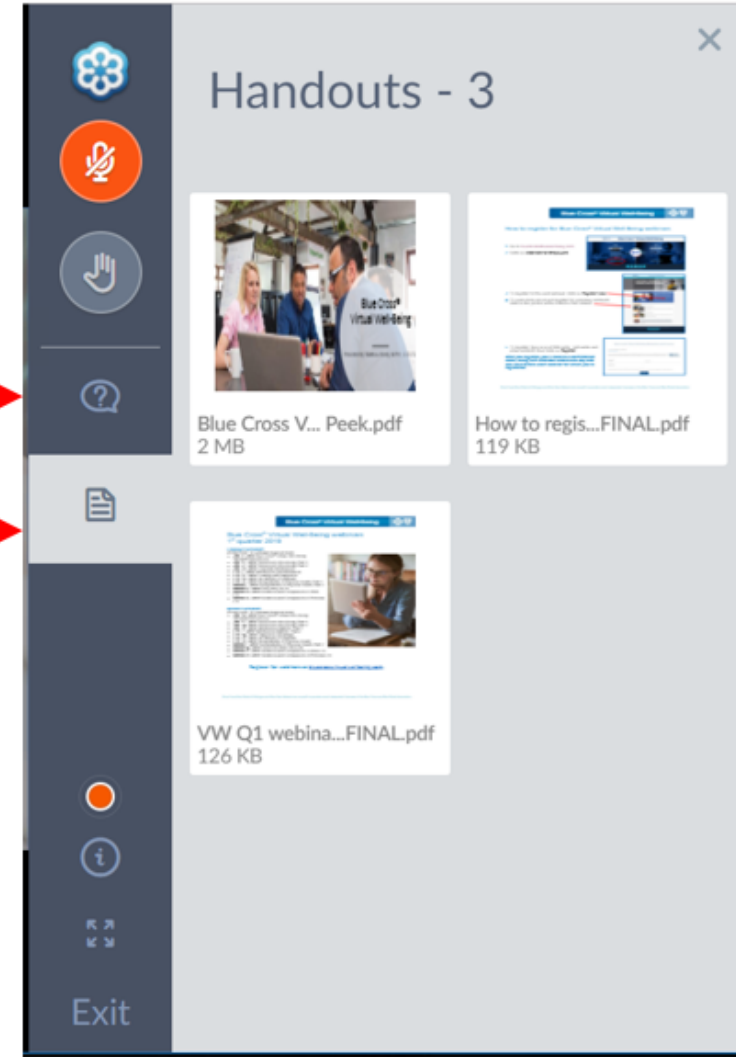


One in five adults report that their mental health was worse in 2020 than the year before.
— *American Psychological Association*

The webinar will begin at noon

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

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



The webinar will begin at noon

Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults.
— *Anxiety and Depression Society of America*



The webinar will begin at noon

56% of employed Americans say their job has been a source of stress in 2020.
— *American Psychological Association*



The webinar will begin at noon



Six-Minute Standing in Awareness in a Cornfield Meditation

Wednesday, Nov. 10, 2021
12 p.m. Eastern time



Drop 5 Holiday Scale Freeze

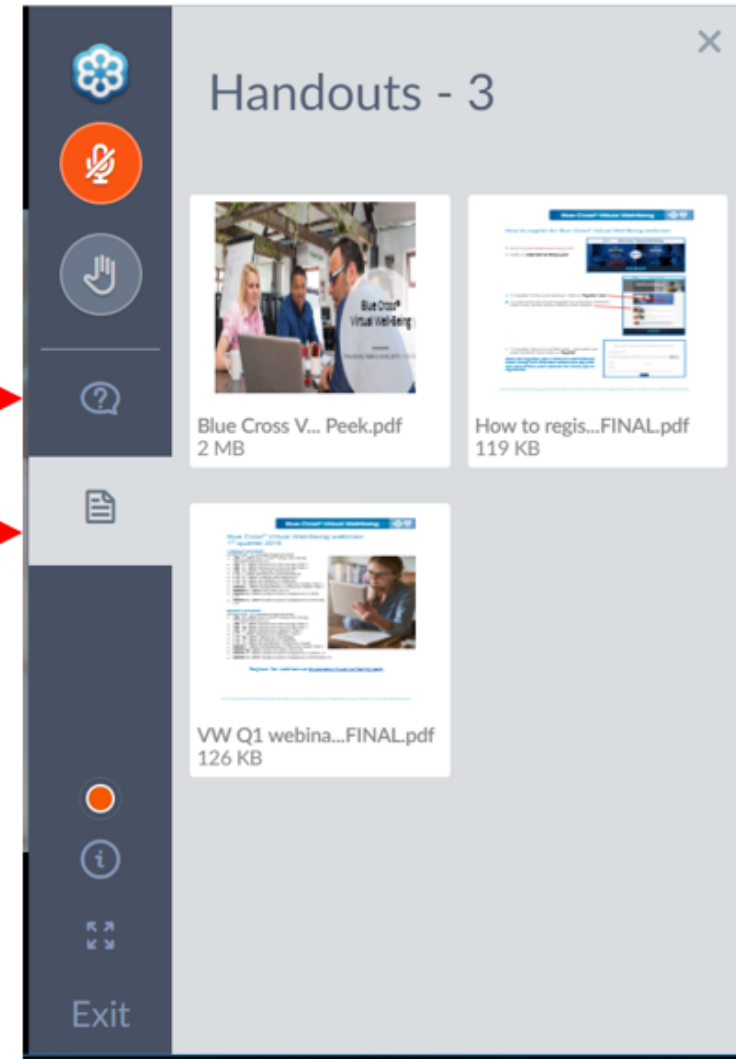
Tuesday, Nov. 16, 2021
12 p.m. Eastern time

Meditations and previous shows are also available on demand at bluecrossvirtualwellbeing.com.

The webinar will begin at noon

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

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





Blue Cross Virtual Well-BeingSM

Employer session

Dr. William Beecroft, MD
Discusses Anxiety at Work



For more information

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

