



WELLNESS  
**WORKS**



Blue Cross  
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of Michigan

Nonprofit corporations and independent licensees  
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EMPLOYER ROUNDTABLE:  
**CREATING MINDFULNESS FOR  
RESILIENCE IN THE WORKPLACE**



# Blue Cross Virtual Well-Being<sup>SM</sup>

## Creating Mindfulness for Resilience in the Workplace

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*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.*

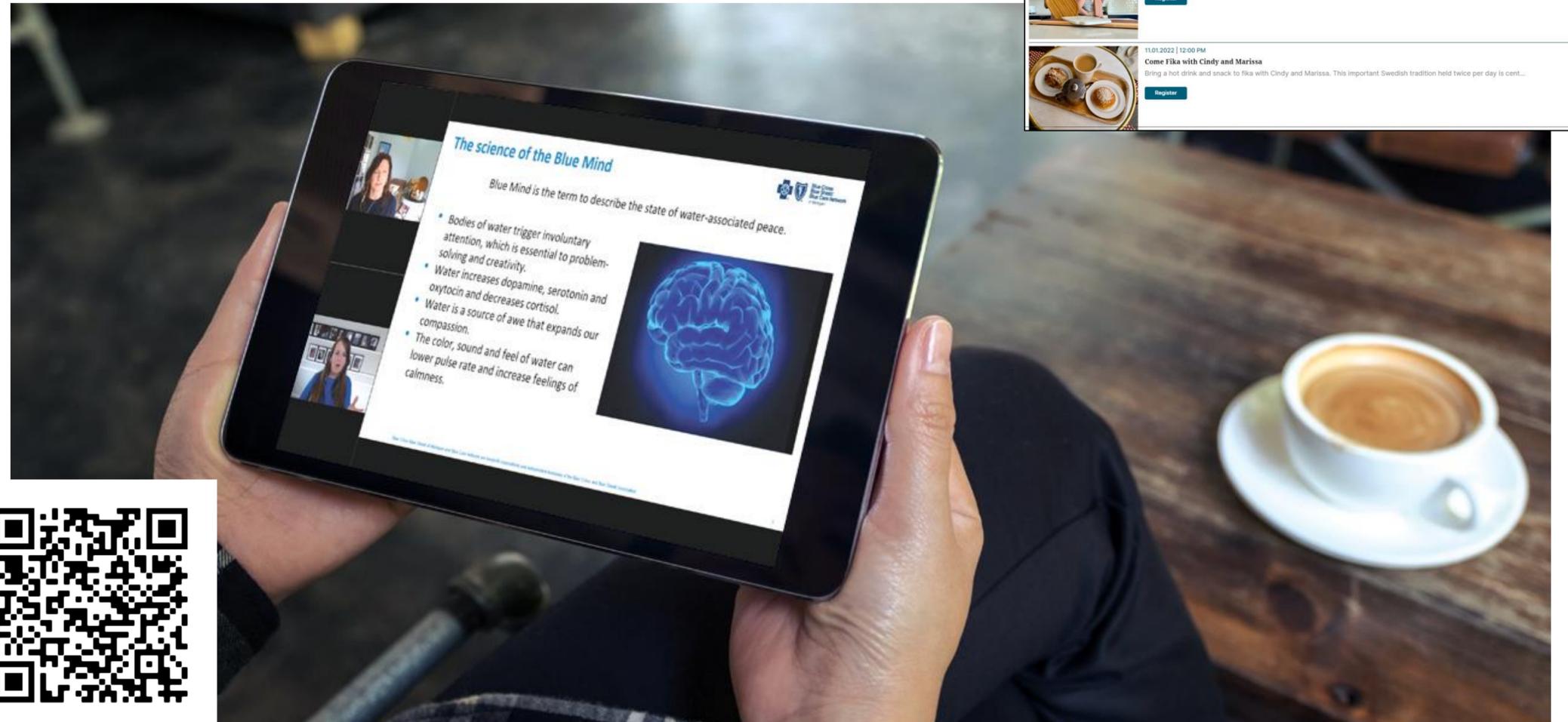
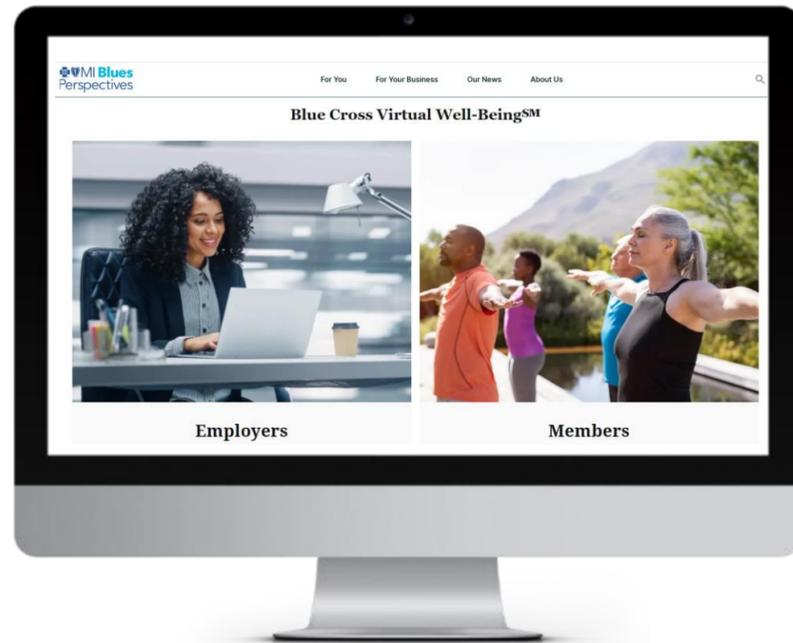
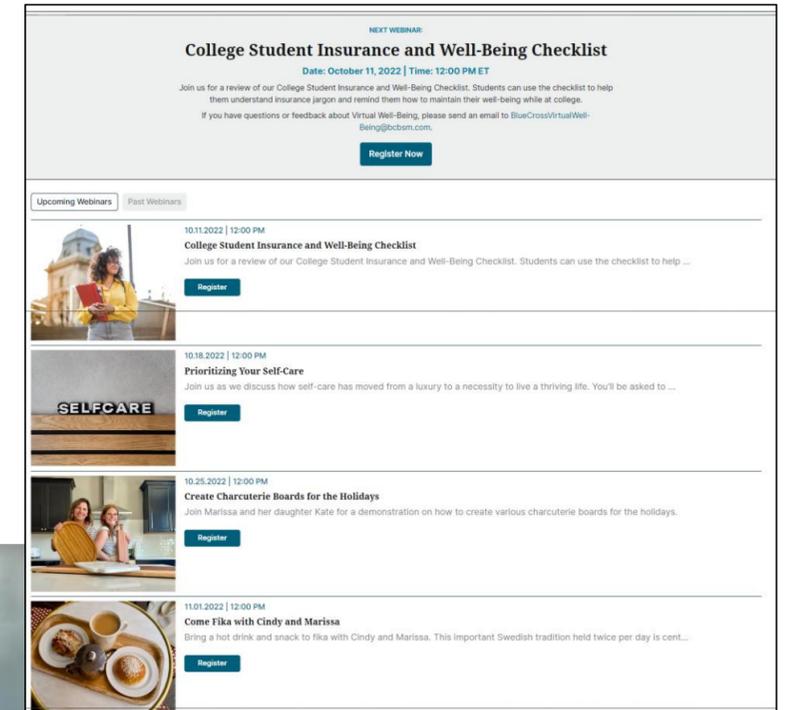
# Discussion questions

1. How active is your left prefrontal cortex in your brain? How much white matter do you have connecting it to your amygdala?
2. What do you say to yourself when faced with an adverse event?
3. Is your default setting to react or respond when faced with a difficult situation or conflict with another person?
4. How are you sleeping — quality, quantity and consistent bed and wake times?
5. What is your go-to mindfulness technique?

# Accessing Blue Cross Virtual Well-Being<sup>SM</sup>

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