

WELLNESS

IN THE WORKPLACE

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Wellness in the Workplace



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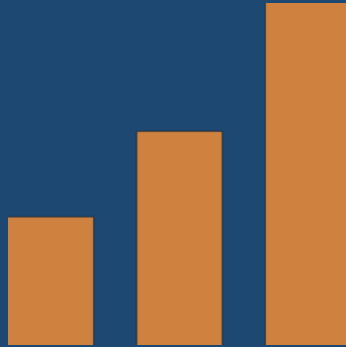
ANTHONY BARDONILLE

BlueCross BlueShield Association

mission



wellness



performance



greater good

problem



—S




sad



sick



surly



**vital to our
effectiveness
here...**



**... is a our own
wellness.**

+_s



stress
management



decision
making



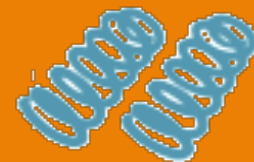
focus



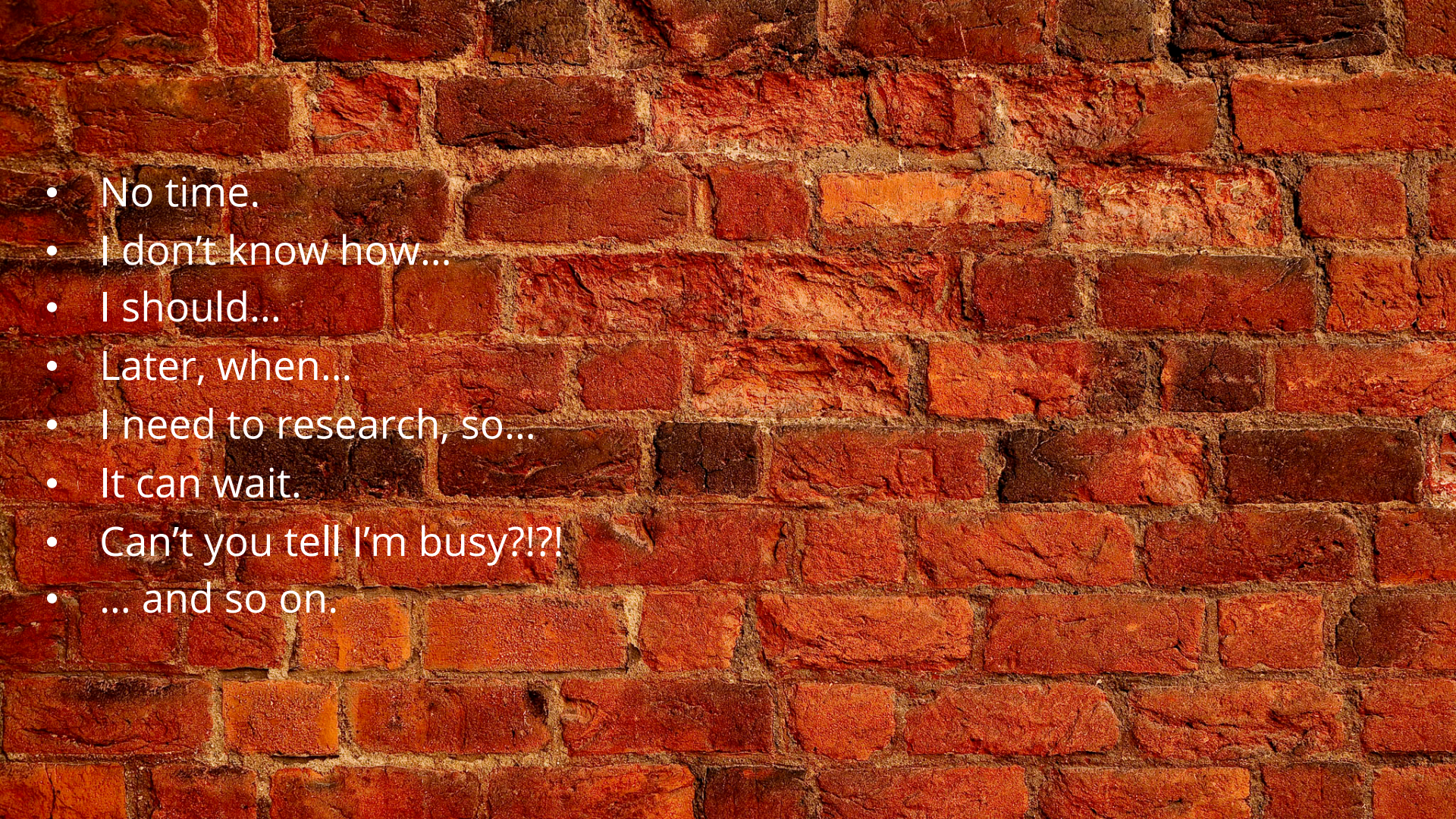
strategy &
creativity



communication



resiliency

- 
- No time.
 - I don't know how...
 - I should...
 - Later, when...
 - I need to research, so...
 - It can wait.
 - Can't you tell I'm busy?!?!
 - ... and so on.

**WELLNESS
IN <**



big Om





stretch

unplug



A close-up, low-angle shot of several people's hands clasped together in a circle, reaching upwards. The hands are of various skin tones, suggesting a diverse group. The lighting is warm and soft, creating a sense of unity and collaboration. The background is blurred, focusing attention on the hands.

connect



play



big Om



stretch



unplug

Created by Anshu Abraham
from the Future Project



connect

Created by Anshu Abraham
from the Future Project



play

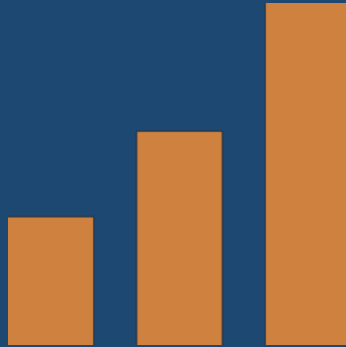
Created by Anshu Abraham
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breather breaks



wellnes
s



performance



greater good

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