

HIGHMARK®
BLUE SHIELD



An Independent Licensee of the Blue Cross and Blue Shield Association

Healthy U

PASSHE Health Care Management Program

The **DEADLINE** Is Soon Here!
May 31, 2014

Need Help Getting Started?
[CLICK HERE](#)

First, [CLICK](#) to register for the virtual MENTAL WELLNESS BOOT CAMP to be delivered via e-mail on April 25 at 11am. You will have 24/7 access for 7 days. Next, watch a *minimum* of one of the 20 minute pre-recorded webinars. Lastly, [CLICK](#) to register your 10 points toward your required 70 points.



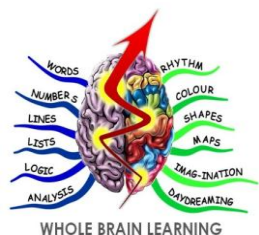
Stress Busters: Winning the War on Stress (20 Minute Webinar)

Learn strategies to minimize the head trash and negative self-talk and manage the good stress. Discover the strategies to write expressively, find "your worry spot", belly breathe, eliminate negative beliefs, develop positive self-talk, harness your Emotional Intelligence, practice active listening, and find humor in everyday life.



Coach Yourself to a Brighter Future (20 Minute Webinar)

Understand what coaching is, how you can use its principles yourself, and with others if you lead. Learn five powerful strategies to benefit you both personally and professionally by focusing on skills and knowledge and maximizing your environment. Also, learn how to eliminate or reduce the fears preventing you from achieving your goals and keep negative people from zapping your energy.



Whole Brain Thinking and Mind Mapping: Tools for Success (20 Minute Webinar)

Are you right-brained, left-brained, or a whole brain thinker? Assess your whole brain quotient and have a firm understanding as to why this is important. Learn how to get your teams to think with their whole brain and tap into how to use divergent and convergent thinking to come up with the best solutions.