

BE HERE NOW

Make mindfulness a daily practice with these resources and tools.



There's a lot competing for our attention throughout the day: family and work responsibilities, phone notifications, TV shows, never-ending to-do lists. It's easy to get so caught up in what you need to do, or what you should have done, that you lose sense of what you're doing right now.



60% of U.S. adults feel daily stress and worry.¹

Mindfulness is paying attention in the present moment, focusing on the here and now. Through mindfulness, you can:

- Bring awareness to your surroundings and how your body feels
- Observe thoughts without responding emotionally
- Appreciate each moment to find more fulfillment in life

Research shows that practicing mindfulness may help²:

- Reduce anxiety and depression
- Relieve stress and burnout
- Lower blood pressure
- Maintain heart health
- Improve attention and emotional control
- Strengthen immune response



Researchers have studied brain activity among people who have learned to meditate.

Functional MRI scans show that the effects of meditation carry over into everyday tasks, even when people aren't actively meditating.³

Try this mindfulness exercise.

1. Find a comfortable position and **close your eyes**
2. **Breathe In through the nose** for 4 seconds
3. **Hold the breath** for 7 seconds
4. **Breathe out through the mouth** for 8 seconds
5. **Repeat** this cycle 3 times

Use this 4-7-8 breathing method when you're feeling stressed, going to sleep or simply want to take a pause.⁴



Practice mindfulness using these Cigna resources.

With your Cigna plan, you can access a number of mindfulness tools at no cost to you.

The Changing Lives by Integrating Mind and Body® (CLIMB) program: At cigna.com/CLIMB, you can find free podcasts that help incorporate mindfulness into your daily life, including:

- Mindful Breathing
- Basic Guided Mindfulness Meditation
- Meditation and Body Scan
- Working with Difficulties and Cultivating the Positive
- Managing Stress
- Compassion and Self-Care

Live guided sessions are available twice a week, every week. Join us for a 30-minute session by telephone:

Tuesdays: 4:00 PM Central Time

Call-in number: 844.621.3956

Passcode: 965 38 022

[Add to calendar](#)

Thursdays: 7:30 PM Central Time

Call-in number: 844.621.3956

Passcode: 965 38 022

[Add to calendar](#)

Together, all the way.®

1. The Washington Post. "60 percent of U.S. adults are feeling daily stress and worry, new Gallup poll shows." https://www.washingtonpost.com/health/60-percent-of-us-adults-are-feeling-daily-stress-and-worry-new-gallup-poll-shows/2020/04/17/13ce9d8a-7ffd-11ea-a3ee-13e1ae0a3571_story.html. April 2020.
2. Greater Good Magazine. "Five Ways Mindfulness Meditation Is Good for Your Health." October 24, 2018. https://greatergood.berkeley.edu/article/item/five_ways_mindfulness_meditation_is_good_for_your_health
3. The Harvard Gazette. "When science meets mindfulness." April 9, 2018. <https://news.harvard.edu/gazette/story/2018/04/harvard-researchers-study-how-mindfulness-may-change-the-brain-in-depressed-patients/>
4. MedicalNewsToday. "How to use 4-7-8 breathing for anxiety." February 12, 2019. <https://www.medicalnewstoday.com/articles/324417>
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Connect with Happify™.

Happify is an app that uses science-based activities and games to help reduce stress, increase mindfulness and improve emotional well-being.⁵

- Use Happify's Mindfulness tracks to help develop your daily practice
- Learn evidence-based techniques developed by leading scientists and experts
- Access the app 24/7 using your phone, tablet or computer

Go to mycigna.com to get started.
Or visit happify.com/cigna.



Looking for additional behavioral health support?

Visit myCigna.com to find behavioral health providers or schedule a telehealth counseling appointment.

