

BE HERE NOW

The art of practicing mindfulness.

We're all different. But if there's one thing we all have in common, it's that we all experience stress from time to time. The good news is that we're all also capable of learning to better manage our stress. Practicing mindfulness can help.

What is mindfulness?¹

- › Purposefully paying attention and being aware of what's happening in the present – including your surroundings, your thoughts and how your body feels
- › Experiencing life moment to moment and letting go of past regrets or future worries

Why it matters.²

Research shows that mindfulness practice can have a positive impact in many ways. Specifically, it may improve:

- › Focus and attention
- › Memory and information processing
- › Mood and ability to control emotions
- › Creativity
- › Relationships
- › Stress levels
- › Workplace experience and performance



Mindfulness works at work, too.

To date, 45 workplace mindfulness research studies have linked mindfulness to:^{3,4}

- › Improved relationships
- › Supporting collaboration
- › Improving your resilience in the face of challenges.

“As a busy working mom, mindfulness has helped me to be in the present moment more and juggle my demanding lifestyle. Just taking a few minutes out each day can help me manage my stress and bounce back faster.”⁵

– Cigna employee and customer

Together, all the way.[®]



Offered by: Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company or their affiliates.

903584 a 11/18

How Cigna can help.

Cigna offers a variety of value-add mindfulness tools and resources, such as:

- ▶ A broad offering of online resources including:
 - Online access to UCLA mindfulness resources⁷ and articles, found within the Managing Stress Tool Kit
 - Managing Stress Tool Kit, including recorded stress management seminars, located at Cigna.com/ManagingStress
 - Employee Assistance Program (EAP) national webcasts on mindfulness and related topics (for EAP customers only)
 - On-demand access to EAP Webcast archives



Call 1.877.622.4327

Or log in to myCigna.com.

Employer ID: une

(Needed for initial registration only)

If already registered on myCigna.com, simply log in and go to the EAP link under the Coverage tab.

Stress Tool Kit- Cigna.com/ManagingStress

TTY/TDD users call 1.877.486.2048 or 711



1. National Institutes of Health. "Mindfulness Matters." January 2012. <https://newsinhealth.nih.gov/issue/jan2012/feature2> (accessed March 1, 2017)
2. Good, D.J., Lyddy, C. J., Glomb, T.M., Bono, J.E., Brown, K.W., Duffy, M.K., Baer, R.A., Brewer, J.A., Lazar, & S.W. (2016). Contemplating mindfulness at work: An integrative review. *Journal of Management*, 42(1), 114-142. Retrieved from <http://journals.sagepub.com/doi/10.1177/0149206315617003>
3. Gathering the evidence base for mindfulness at work: scientifically evaluated and academic research (2016). Retrieved from <http://www.mindfulnet.org/page18.htm>
4. Glomb, T. M., Duffy, M.K., Bono, J. E., and Yang, T. (2011). Mindfulness at work. *Personnel and Human Resources Management*, 30, 115–157
5. This scenario is based upon a true customer experience. Individual participant results will vary.
6. Mindfulness Meditations created by Diana Winston for the UCLA Mindful Awareness Research Center (MARC). © 2015 The Regents of the University of California. All Rights Reserved.

The health information provided here and through Cigna's mobile apps and websites is for educational purposes only. It is not intended as medical advice. Always consult with your doctor for appropriate examinations, treatment, testing and care recommendations. Some work/life services offered under the Cigna Employee Assistance Program may be provided by a Cigna contracted third-party vendor.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Behavioral Health, Inc. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.