

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 of each day can help me manage my stress and bounce back faster.”⁵

- Cigna employee and customer



Together, all the way.®



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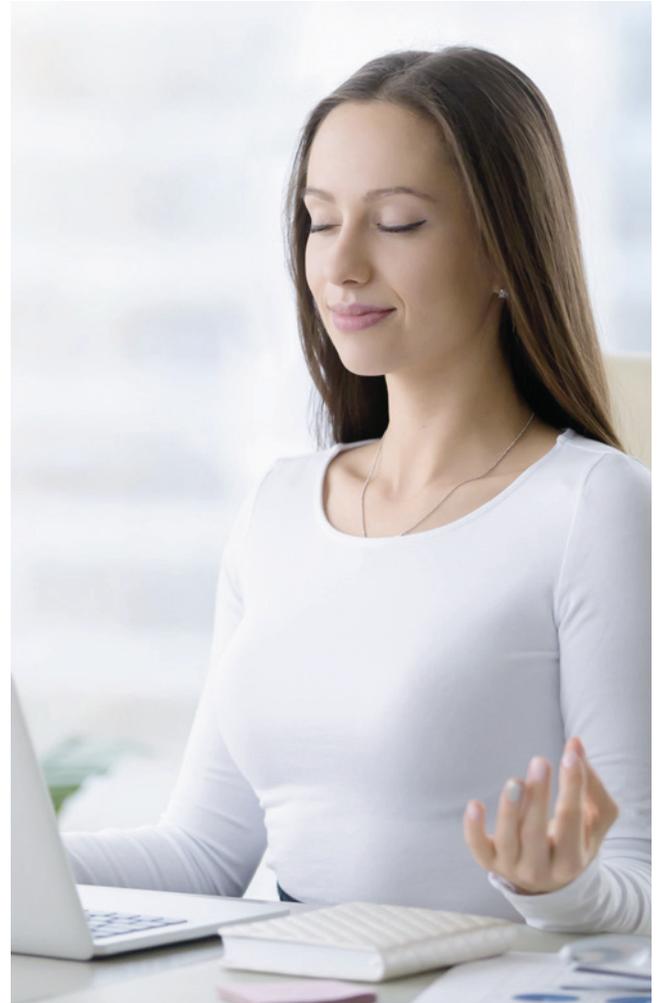
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How Cigna can help.

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

- Coach by Cigna, a free app, including a mindfulness meditation program⁶
- A broad offering on CignaBehavioral.com, 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
 - Employee Assistance Program (EAP) national webcasts on mindfulness and related topics (for EAP customers only)
 - On-demand access to EAP webcast archives

**To learn more about these resources,
visit CignaBehavioral.com,
employer ID: mhc
or call 1.877.622.4327**



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. Available on both iOS and Android™ mobile devices. Available free to users in 15 countries and 9 languages. Must be 18 years or older to download the app. The downloading and use of the Coach by Cigna mobile app is subject to the terms and conditions of the app and the online stores from which it is downloaded. Standard mobile phone carrier and data usage charges apply.
7. 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.

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