

# 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.<sup>1</sup>**

**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 help<sup>2</sup>:**

- 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.<sup>3</sup>**

## 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.<sup>4</sup>



## 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](https://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: 866.205.5379

Passcode: 113 29 178

[Add to calendar](#)

**Thursdays:** 7:30 PM Central Time

Call-in number: 866.205.5379

Passcode: 113 01 992

[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](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](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.<sup>5</sup>

- 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](https://mycigna.com) to get started.  
Or visit [happify.com/cigna](https://happify.com/cigna).



## Looking for additional behavioral health support?

Visit [myCigna.com](https://myCigna.com) to find behavioral health providers or schedule a telehealth counseling appointment.

