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.

**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

**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.

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**Research shows that practicing mindfulness may help:**

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

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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: 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

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.¹

- 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.

Together, all the way.®

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