

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



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](#)



Looking for additional behavioral health support?

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



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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