



MINDFULNESS TOOLKIT

Tools and resources to help employees develop mindfulness and build resiliency.

Driving engagement with mindfulness resources.

The Cigna Resilience Index found that 60% of Americans do not have high resilience. Low employee resilience can lead to lower job satisfaction and performance and higher turnover.¹ Establishing a daily mindfulness practice is a key step in building resilience, and Cigna offers a number of resources that can help.



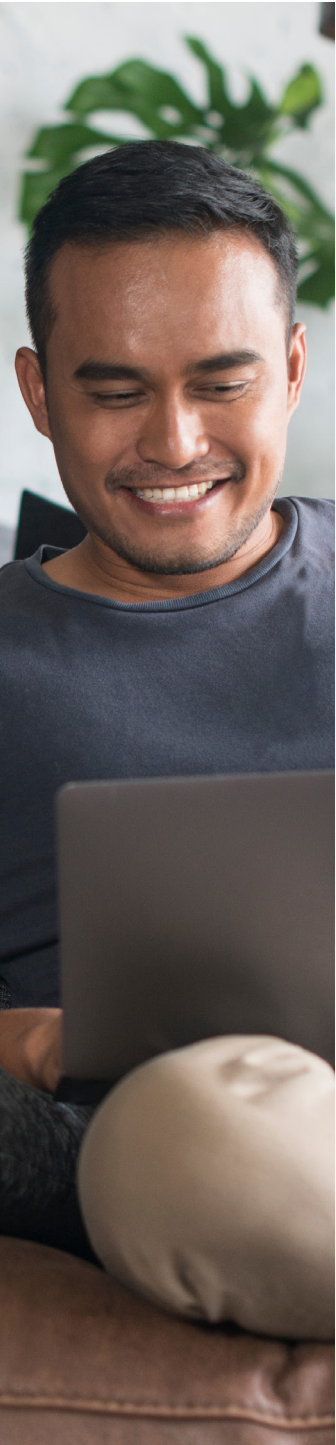
The Changing Lives by Integrating Mind and Body® (CLIMB) program helps employees incorporate mindfulness and stress management into everyday life. Guided lessons teach simple methods to calm the mind and body and strengthen awareness.



Happify™ is an app that uses science-based activities and games to help employees reduce stress, increase mindfulness and improve their emotional well-being.² Employees can log in to Happify by going to happify.com/cigna

Mindfulness resources

Use the following materials to promote mindfulness tools and benefits to your employees.



Mindfulness flyer

Provides an introduction to mindfulness with information on available tools, including the CLIMB program and Happify app.

[DOWNLOAD FLYER](#)



Mindfulness emails

Email series that highlights mindfulness topics and promotes resources available to employees.

[DOWNLOAD EMAIL 1](#)

[DOWNLOAD EMAIL 3](#)

[DOWNLOAD EMAIL 2](#)

[DOWNLOAD EMAIL 4](#)



Mindfulness podcasts

Six free podcasts that teach simple methods for incorporating mindfulness, stress management and self-care into daily life.

[LISTEN NOW](#)

[\(Available in English and Spanish\)](#)



Live guided sessions

Mindfulness sessions taught by our experts are available telephonically at the following times:

➤ **Thursdays: 7:30 – 8 PM Central Time.**

Call-in number: **866.205.5379**

An automated voice will ask you for a passcode: enter **113 01 992** and then press the **# key**.

This will take you to the live session.

[ADD TO CALENDAR](#)

➤ **Tuesdays: 4:00 PM Central Time.**

Call-in number: **866.205.5379**

An automated voice will ask you for a passcode: enter **113 29 178** and then press the **# key**.

This will take you to the live session.

[ADD TO CALENDAR](#)



For the dedicated client session, please contact your **Engagement Consultant**.





If you have any questions about these tools or how to use them, or you're interested in creating a Mindfulness Committee within your organization, **please contact your Engagement Consultant or Behavioral Client Account Manager.**



1. Cigna Resilience Index, 2020 U.S. Workforce Report. https://cignaresilience.com/wp-content/uploads/2020/09/Cigna_Resilience_Infographics_Workplace_FINAL.pdf

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