

# Mindfulness Toolkit



## Online Tools

- Listen to our free podcasts that teach simple methods for incorporating mindfulness, stress management and self care into daily life: [Mindfulness Podcasts](#)
- What are the secrets to finding happiness? We offer up 10 tips to a happier you: [10 Tips to Find Happiness](#)



## Mindfulness Sessions



Cigna offers live, 30-minute guided mindfulness sessions taught by experts. These occur twice a week, every week via telephone – please join us!

- **Tuesdays: 4:00 PM Central**  
Call-in number: 844.621.3956  
Passcode: 965 38 022
- **Thursdays: 7:30 PM Central**  
Call-in number: 844.621.3956  
Passcode: 965 38 022

## Mindfulness Flyer

[Click here](#) to read our mindfulness flyer for information on how to stay present.

