I can’t do anything right!
  Trouble sleeping

Why didn’t I?....
  Butterflies in my stomach

Nobody likes me
  Bite my fingernails

I don’t know what to do!
  Heart is pounding

Everyone is laughing at me
  Turning red

What if I can’t do it?
  Head aches

I wish I wouldn’t have...
  I can’t concentrate

I’ll never pass that test
  Stomach aches

My brother drives me crazy!
  Racing thoughts

What if they don’t like me?
  Feel like I’m going to be sick

Monkey Mind
BREATHING
WHAT IS MINDFULNESS?

Paying attention, on purpose, to what’s happening right now and accepting it without thinking of it as wrong or right.
PAYING ATTENTION
HOW DOES IT WORK?

- Focus on being rather than doing
- Quiets “monkey mind”
- Puts past and future aside
- Judgments turned off
- Calms nervous system
- Allows control of emotions
- Creates brain pathways
- Manage stress better
- Bounce back from troubles
- Feel fully alive
- Feel fully alive
MINDFUL MOVES

• Walk like an alien
• Notice what’s right in your world
• Name your emotions
• Imagine yourself as your own friend
REFERENCES


This material is provided by Cigna for informational/educational purposes only. It is not intended as medical/clinical advice. Only a health care professional can make a diagnosis or recommend a treatment plan. For more information about your behavioral health coverage, you can call the customer service or the behavioral health telephone number listed on your health care identification card.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna Behavioral Health, Inc., and HMO or service company subsidiaries of Cigna Health Corporation. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc. All models are used for illustrative purposes only.

880840b 5/17 © 2017 Cigna. Some content provided under license.