

**Mindfulness and mindfulness practice are a gateway to create greater well-being.**

### **What is Mindfulness?**

Paying attention non-judgmentally to your present moment experience with an attitude of openness and curiosity.

### **What is Mindfulness Practice?**

Mindfulness practice is the exercise that strengthens the ability to be mindfully present throughout the day.

### **What are the benefits of practicing Mindfulness?**

There are emotional, mental, physical, and behavioral benefits to practicing mindfulness. Mindfulness practice can help reduce stress, increase resilience, improve focus, lower blood pressure, improve sleep, and much more.



### **Discover Mindfulness Site\***

CVS Health's hub for mindfulness practice.

We offer Mindfulness sessions led by trained CVS Health Mindfulness Advocates.

See the site for the most current information.

\*SharePoint site available to those with access to Microsoft 365 through networked computer.