

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.