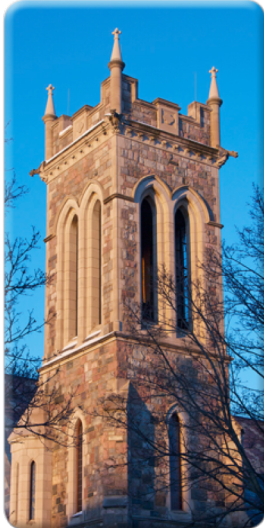




Mindfulness: Release the Stress



Host:

Krishna Dholakia, MS, RD, CDE, CDN

Senior Health Education Specialist
Church Pension Group

Presenter:

Samantha Smith

On-site Employee Assistance Program Counselor

September 10, 2019

CPG Webinar Series



Today's Host



Krishna Dholakia, MS, RD, CDE, CDN
Senior Health Education Specialist
Church Pension Group

Krishna has been with the Church Pension Group since 2015 where she develops health programs and resources in order to promote, maintain, and improve member health. Krishna is a registered dietitian, diabetes educator, and 500-hr certified yoga teacher.

Today's Presenter



Samantha Smith

On-site Employee Assistance Program Counselor

Samantha Smith graduated from the University of Southern California and Smith College in Massachusetts where she studied and conducted research in the field of psychology. Samantha's background includes pioneering national and international relief projects and working as an on-site EAP counselor—assisting employees to manage the increasing challenges of work and personal life responsibilities. For over the past 10 years, Samantha has worked as an educator and seminar presenter, facilitating sessions in the U.S. and abroad on a wide range of wellness topics, including healthy balanced living, stress and time management and mindfulness.

A man with grey hair, wearing a white dress shirt and a blue and white striped tie, is sitting in a meditative lotus position on a grassy lawn. He has his eyes closed and a calm expression. The background is a bright, sunny outdoor setting with a blurred green field and a body of water in the distance.

MINDFULNESS

Release the Stress

Presented by
Cigna Employee Assistance Program

Together, all the way.®



SEMINAR GOALS



- Gain an understanding of what mindfulness is and how it's practiced
- Discover how it can impact well-being and reduce stress levels
- Explore several mindfulness techniques
- Learn how you can use mindfulness in your daily life
- Know the benefits of your Employee Assistance Program (EAP)



LIVING WITH STRESS



- **67 percent** of Americans polled report experiencing emotional symptoms of stress
- **72 percent** report experiencing physical symptoms of stress



Many say that they are too stressed to fully embrace behavior changes that might help reduce stress symptoms!

MINDFULNESS ENTERS THE PICTURE



- Evolved from ancient Eastern teachings
- Began to play a role in medicine and psychology
- Now used by major hospitals, universities, corporations, military

Jon Kabat-Zinn is credited with applying mindfulness practices to stress reduction in the U.S.

WHAT IS MINDFULNESS?



“Paying attention on purpose,
in the present moment,
and nonjudgmentally,
to the unfolding of experience
moment to moment.”

Jon Kabat-Zinn

A photograph of several dandelions with white, fluffy seed heads against a clear blue sky. One dandelion in the foreground is in sharp focus, while others in the background are blurred.

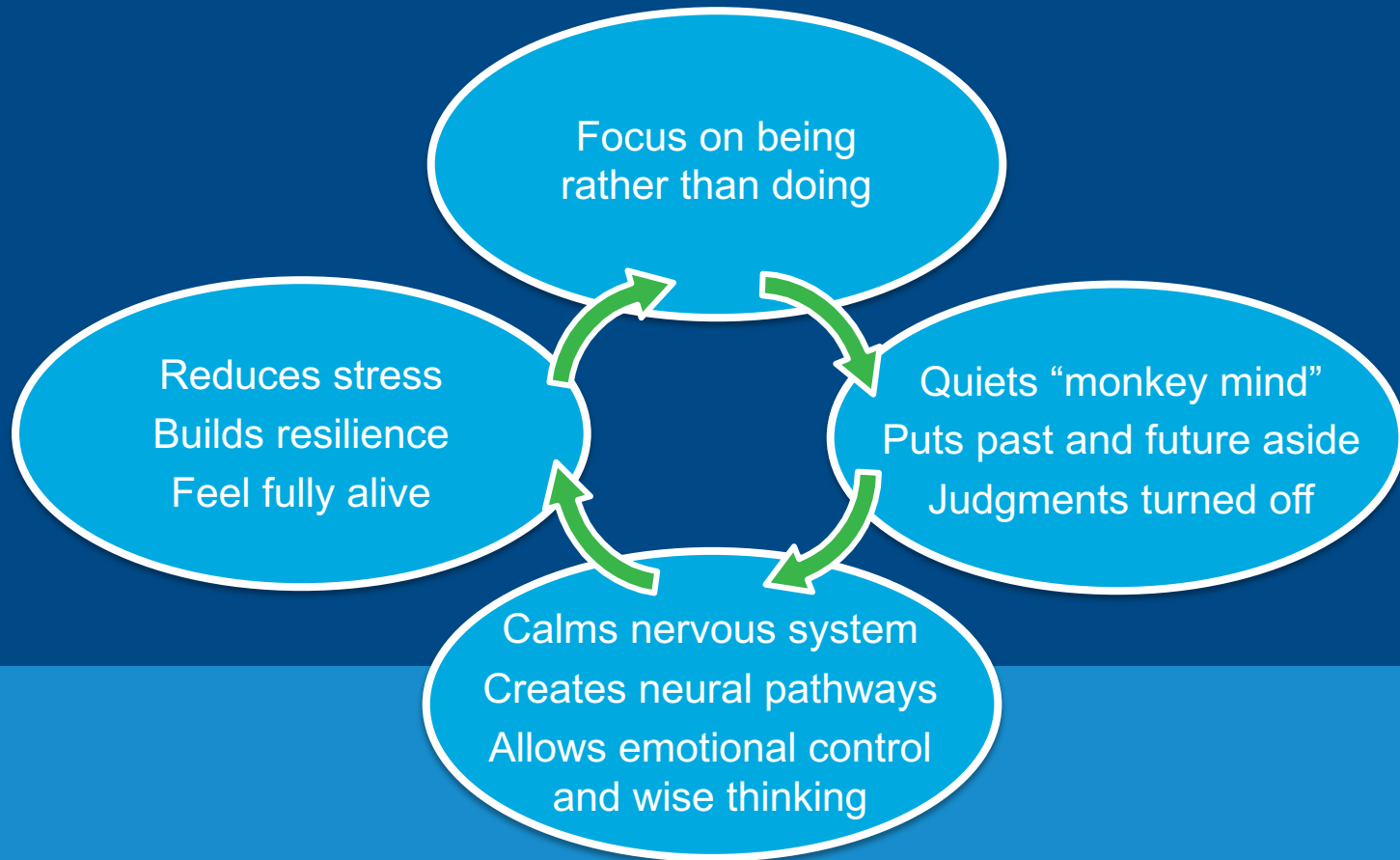
Reminders

- Breath is an anchor point
- Deep breaths add oxygen
- Can use anywhere to de-stress

MINDFULNESS PRACTICE: Breathing and breathwork



HOW DOES IT WORK?





Reminders

- Focus on body and breath
- Don't feed or fight thoughts
- Allow, accept, redirect

MINDFULNESS PRACTICE: Being present and paying attention



WHAT ELSE CAN IT DO FOR YOU?

Research shows that mindfulness may...

- Increase memory, attention, productivity
- Improve ability to control emotions
- Reduce anxiety and depression
- Improve relationships
- Build resilience
- Improve sleep
- Boost immunity
- Help cope with cravings
- Lessen intensity of chronic pain
- Reduce chronic disease risk factors



Enjoyment of life can increase when you allow yourself to experience and embrace all aspects of life as valuable.



Reminders

- Notice difficulty without judging
- Approach with kindness/acceptance
- Use breathing to help manage

MINDFULNESS PRACTICE: Allowing difficult sensations



MINDFUL MOVES



- Turn neutrals into positives
- Practice observing vs. judging
- Move toward distress, not away
- Name your emotions
- Imagine yourself as your own friend

WHERE TO GO FROM HERE?



- Take “baby steps”
- Build up to regular practice
- Stick with it
- Learn more
- Track how you feel

Energy flows
where attention goes.



Hawaiian Huna Principle No. 3

- Face-to-face sessions
- Confidential
- Prepaid
- Unlimited telephonic consultation
- Available 24 hours a day, 7 days a week
- Household benefit
- Work/life support such as elder care, child care and pet care
- Convenience services
- Financial services
- Legal services

BENEFITS OF THE EAP

Benefits vary by employer. Please check with your HR for your specific EAP benefits.



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EAP Online Resources

■ **NEW website:** www.mycigna.com

■ **Under the “Members” section, click on “Login” to access your benefits**

- Enter your Employer ID: episcopal (lower case)
 - First-time visitors must register
- On left-hand side, click on desired topic
- Click on “Accept” for the privacy policy

■ **Contact Number:** 866-395-7794

The screenshot shows the Cigna website's Employee Assistance Program (EAP) page. At the top, there are navigation tabs for 'My Plans' and 'My Health', along with user information for 'Hi Richard' and links for 'Profile', 'Support Center', 'Forms', 'Español', and 'Log Out'. A search bar is located in the top right corner. Below the navigation, there are four main menu items: 'REVIEW MY COVERAGE', 'MANAGE CLAIMS & BALANCES', 'FIND PROVIDERS AND COSTS', and 'ESTIMATE HEALTH CARE COSTS'. The main content area is titled 'Employee Assistance Program (EAP)' and includes a 'Coverage Period' of 01/01/2018 - 12/31/2018. It explains that the EAP provides access to licensed clinicians to help with various challenges. A 'Cost' section states that there is no cost to the member. A 'Maximum visits' section indicates that each person can use up to 10 visits per issue per plan year. Below this, there are five icons representing different services: 'Share EAP with someone in your household', 'Live chat with a Cigna EAP consultant (M-F, 9 a.m.-8 p.m. ET)', 'Schedule a phone call with a Cigna EAP consultant', 'Get an authorization to visit a licensed EAP counselor', and 'Find a licensed EAP counselor near you'. On the right side, there is a 'NEED HELP' section with links to 'Visit the Support Center', 'For help finding something on the site please call 1-800-853-2713', and 'For help with plan and coverage information please call 1-800-244-6224'. At the bottom, there is an 'About Cigna's EAP Services' section.



Reflections, Questions, and Discussion



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Thank You.

For your participation and feedback!