

SUPPORT YOUR MENTAL HEALTH

AND BUILD YOUR RESILIENCE



Mental health plays an important role in your overall physical health and well-being. Poor mental health can lead to an increased risk of certain health conditions. For example, having depression has been linked to a higher incidence of many chronic diseases including diabetes, asthma, cancer, cardiovascular disease and

arthritis. Conversely, having poor physical health can lead to an increased risk of mental health problems.¹

There are ways to better your whole person health and boost your mental health.

HERE ARE FIVE SMALL STEPS YOU CAN TRY

1 Develop a Stress PLAN

1

Take control of your stress with Cigna's three-minute [stress quiz](#). This quiz will help you to visualize the impact of stress on the body and mind, and assist you in creating your own Stress PLAN. For more information, please visit: <https://comms.cigna.com/mystressplan>.

2

2 Get moving!

Exercise releases endorphins and serotonin that can ease depression and anxiety. Try to include 20 minutes of activity a day. Activities can include a variety such as cardio, weight training, or mindful practice like yoga or walking meditation - find what works for you.

3 Eat a healthy diet

3

Unhealthy diets - those with processed, high-calorie and low-nutrient foods - can have a negative impact on your mental health. Strive for a diet that includes fresh ingredients like fruits, vegetables, nuts, whole grains, fish and healthy fats.

4

4 Establish a structured sleep routine

A lack of sleep has been linked with depression, anxiety and stress. The National Sleep Foundation recommends seven to nine hours of sleep per night for adults. Try going to bed and getting up the same time each day.

5 Create a support system

5

Be social and create a community - our social circles are vital to supporting good mental health. If you're struggling with a low mood, as challenging as it may be, push yourself to reach out to friends and family - these connections can be sustaining.

HOW RESILIENT ARE YOU?

When faced with stressful, traumatic or heartbreaking situations, how do you cope? You may search for inner strength to help you get through. That inner strength is called resilience, and it's a skill every person has the potential to build. This [questionnaire](#) from Cigna measures how resilient you are today and offers advice to help build your resilience for tomorrow.

Similar to how each person responds differently to trauma and stress, your path to building resilience is unique.

Look at the following areas in your life and find where you might have room to grow.



1

Connect with family, friends and neighbors

Giving and accepting support from others can build up your support system and strengthen your resilience.

2

Focus on small steps

Don't obsess over problems that are beyond your control. Look for ways you can do something small to help build positive momentum.

3

Believe in yourself

Confidence helps build resilience. Trust your instincts and your ability to solve problems especially when under pressure.

4

Accept change

As circumstances in your life change, allow yourself to accept the way things are now rather than how you planned. Keep your energy focused on what is within your control in the present. Letting go of the past can be painful, but doing so is an important part of moving forward.

5

Stay positive

Train yourself to focus on what's going right instead of what's going wrong. Having an optimistic outlook can help you find hope and build resilience when facing stressful events.

6

Take care of yourself

Being resilient requires a strong body and mind. Try incorporating a daily walk or meditation to build resilience. Maintaining your optimal health and managing stress will help your physical and mental endurance during difficult times.

We are here to help

Taking care of your mental health and emotional well-being is more important than ever. Click the following link to learn more:

[Mental Health and Wellness During COVID-19 | Cigna](#)

Together, all the way.®



1. National Institute of Mental Health, Chronic Illness and Mental Health: Recognizing and Treating Depression, <https://www.nimh.nih.gov/health/publications/chronic-illness-mental-health/#:~:text=The%20reverse%20is%20also%20true,and%20Alzheimer's%20disease%2C%20for%20example>. Accessed 5/17/21.

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