

10 ways to help strengthen your mental health*



1



Connect with others

2



Stay positive

3



Get physically active

4



Volunteer and help others

5



Have ways to cope with hard times

6



Create joy and satisfaction

7



Eat well

8



Be in touch with your spiritual side

9



Get enough rest

10



Get professional help if you need it

Your New Growth Plan.



Offered by Cigna Health and Life Insurance Company or its affiliates.

* Mental Health America. "Live Your Life Well." Accessed December 14, 2022. <http://www.mentalhealthamerica.net/live-your-life-well>

Product availability may vary by location and plan type and is subject to change. All group health insurance policies and health benefit plans contain exclusions and limitations. For costs and details of coverage, contact a Cigna representative.

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, Life Insurance Company of North America, Evernorth 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.

959968 a 12/22 © 2022 Cigna. Some content provided under license.