



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.

Mindfulness Programs and Resources

Discover Mindfulness Site*

CVS Health’s hub for all mindfulness resources and programs.

We offer Mindfulness Mondays three different time options every Monday. Colleagues can join when they can or email us to receive series invites. See the site for the most current information.

Want support to have Mindfulness sessions at meetings, see the site for details.

Share your story about how mindfulness has impacted you, or send us your questions: **DiscoverMindfulness@aetna.com**

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