



Self-care is essential because YOU matter.

By giving to yourself, you enhance your overall well-being and become better able to cope with day-to-day concerns. By caring for yourself, you have more to give to others.



When you prioritize self-care, there are benefits to yourself and others.



Benefits to self:

- Decreased stress
- Strengthened immune system
- Improved self-esteem
- Boosted energy
- Enhanced optimal well-being

Benefits to others by enabling you to:

- Focus more fully in the moment
- Give others your best
- Provide others with an increased sense of security
- Serve as a positive role model

10 ways to start giving to yourself

No matter what life concerns you're facing, EAP can help.
Visit Cigna.com/realsupport to get started today.

Real Support for real life.



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