

REAL SUPPORT FOR REAL LIFE



Cigna Employee Assistance Program Presents:

Stress and Our Perceptions

Stress...we live with it every day. But what if you had the power to make some of that stress vanish? We think of stress as coming *at* us, but a lot of it actually comes *from* us. In this seminar we'll help you explore how your perceptions affect your stress level. We'll discuss how to recognize and change negative thought patterns. And you'll learn how to start building more positive ways of thinking.

Wednesday, November 4, 2020
2 pm ET / 1 pm CT / 11 am PT

Log in to register for this seminar at:

www.Cigna.com/EAPWebcasts

To view on-demand replay: Click the above link. When you log into the Wellness Webcast portal, you can choose to attend this seminar, register for upcoming seminars, or attend other on-demand seminars.

A Certificate of Attendance is available for this presentation.

On-demand replay will be available starting 2 hours after the live presentation.

Together, all the way.™



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