



# Real Support for Real Life

Brought to you by your Employee Assistance Program

## Managers: Employee Stress Management

Though work and stress often go hand in hand, assuming we're powerless to change that picture is a missed opportunity. As a manager, you can't eliminate all stress, but you can honor the impact and help employees manage it. We'll discuss how to spot signs of building tension and address common triggers. Learn moves to bring the pressure down and build resilience up.

**Wednesday, February 25, 2026**  
**2 pm ET / 1 pm CT / 11 am PT**

**Log in to register for this seminar at:**

[www.Cigna.com/EAPWebcasts](http://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.

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