



Real Support for Real Life

Brought to you by your Employee Assistance Program

Stress Relief: Train Your Brain

Psychological stressors are the modern-day equivalent of a charging grizzly bear. When facing them, your brain fires up a hard-wired response system designed to keep you alive. The problem is, this response stops being helpful when it stays “on” all the time. Learn how you can train your brain to rewire your stress response. And try out techniques that can help you get there!

Wednesday, April 22, 2026
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.

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