



HOW TO COPE WITH ANXIETY.

A webinar on facing stress related to COVID-19.

With the worldwide concern over the Coronavirus, your employees are understandably anxious about their health, job and family security. We realize these are difficult times and want to provide you with resources to help ease your employees' minds.

That's why Cigna created a webinar that we encourage you to share.

The webinar: (open link – hit 'play' arrow on left)

[Managing Anxiety: Coronavirus Fears & Concerns](#)

offers helpful guidance on practical steps we all can take to protect our emotional health.

Copy the above link and share with your employees.

Together, all the way.®