



Real Support for Real Life

Brought to you by your Employee Assistance Program

Emotional Fitness: Dealing with Difficult Emotions

Difficult emotions like anxiety, fear, and uncertainty can feel hard to manage. Our instinct is often to make them go away, but research shows that proactively addressing them is more effective. In this seminar, we'll cover strategies to become more aware and accepting of our emotions and learn how to cope with them effectively in the moment and long-term.

Wednesday, November 6, 2024
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.

All Cigna Healthcare products and services are provided exclusively by or through operating subsidiaries of The Cigna Group.

Employee assistance program services are in addition to, not instead of, your health plan benefits. These services are separate from your health plan benefits and do not provide reimbursement for financial losses. Program availability may vary by plan type and location, and are not available where prohibited by law.

880885-22 5/24 © 2024 Cigna Healthcare.

