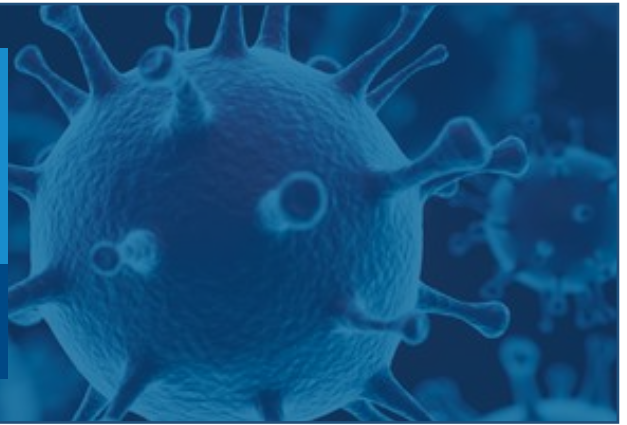


ADDRESSING THE CHALLENGES

Coronavirus Fears & Concerns



Webcast resources provided by Cigna Employee Assistance Program (EAP)

Ongoing and evolving news of the coronavirus outbreak can naturally bring up fears and concerns. While feelings of anxiety are normal, they can make day-to-day life more difficult. Uncertainty about what lies ahead and the need to adapt to new and, in some cases, unprecedented circumstances can deepen our worries.

Cigna EAP is offering several on-demand webcasts that address the impact of these challenges. These one-hour webcasts offer strategies for managing stressful thoughts and emotions. You can explore the idea of resilience and how to build yours up. Experience the practice of mindfulness – a way of gently training your mind for greater calm. And gain practical tips for being successful in a work at home environment.

There are also two webcasts specifically for managers. We'll discuss what to expect, recommended responses, and communication strategies for these challenging times. Learn how you can best support employees, your team, and yourself and gain tips for doing this virtually.

To view any of these recorded webcasts, click on the link below. When you log into the Wellness Webcast portal, you can choose to attend one of these seminars, register for upcoming seminars, or attend other on-demand seminars.

Cigna EAP Wellness Webcast Portal

www.Cigna.com/EAPWebcasts

On-demand webcasts

- › **Managing Anxiety:**
Coronavirus Fears & Concerns
- › **Work @ Home: Keys to Success**
- › **Resilience in Challenging Times**
- › **Experiencing Mindfulness:**
Two-Part Series

For managers

- › **Supporting Employees:**
Coronavirus Fears & Concerns
- › **Managing a Virtual Team**

Together, all the way.®



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