



# Real Support for Real Life

Brought to you by your Employee Assistance Program

## Why We Worry and What to Do About It

We all get stuck on “what if’s” and “should have’s” from time to time. But when worry starts to impact everyday life in a significant way, you may need to rethink your thinking. We’ll discuss strategies that can help you cope with and control worrisome thoughts. And we’ll talk about how to respond when anxiety goes beyond everyday worry.

**Wednesday, May 21, 2025**  
**2 pm ET / 1 pm CT / 11 am PT**

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

[www.Cigna.com/EAPWebcasts](https://www.Cigna.com/EAPWebcasts)

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**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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