

The only thing worse than dealing with stress? Not dealing with it.

Stress left unmanaged can not only affect you emotionally, but physically too. That's why the sooner you take control of your stress the better.

Visit Cigna.com/mystressplan for a PLAN that can help you manage your stress.



Period of time
to unwind



Location
to de-stress



Activity
to enjoy



Name of someone
to talk to

