

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



Period of time  
to unwind



Location  
to de-stress



Activity  
to enjoy



Name of someone  
to talk to

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](https://Cigna.com/mystressplan) for a PLAN that can help you manage your stress.



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