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

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Location to de-stress Activity to enjoy

Name of someone to talk to



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