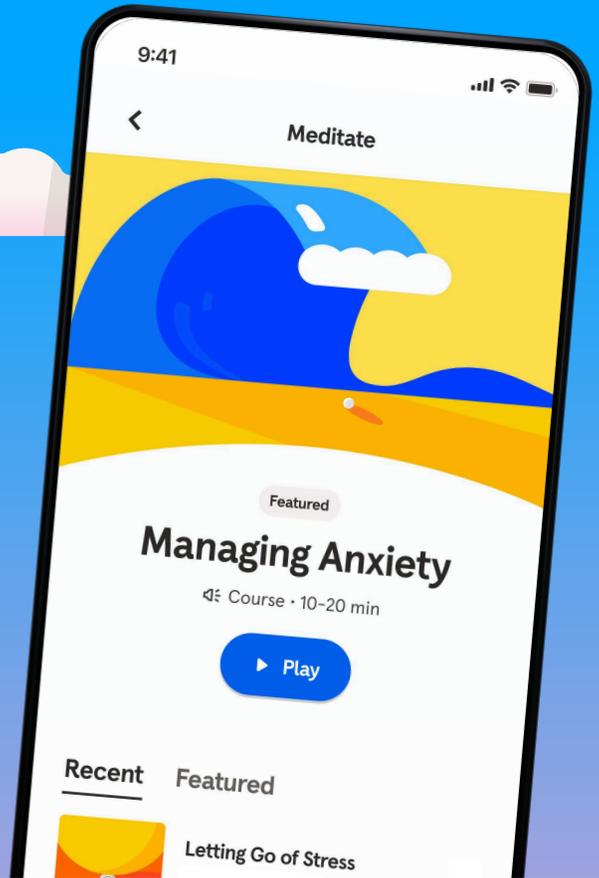




Press pause on your anxiety, Headspace can help.



Try the 30-day Managing Anxiety course

Worries, fears, racing thoughts - we've all been there. Start taking back control of your mind with the 30-day Managing Anxiety course. Learn simple techniques to help you relax your mind, cope with day-to-day anxious feelings, and bring more ease into your day so you can get back to feeling like yourself again.



Sign up for Headspace, available to you at no cost through your Cigna Healthcare[®] plan, for access to the course and more.

Scan the QR code to get started or [click this link](#) to start on myCigna[®].

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