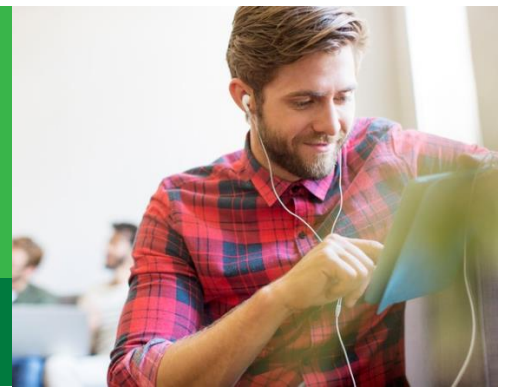


# 2021 CIGNA ON-DEMAND WELLNESS WEBCASTS



## SEMINAR

## TOPIC

### [Resilience in Challenging Times\\*](#)

It's easy to feel overwhelmed by ongoing challenges. But you're stronger than you think. Gain tips for building your natural resilience.

### [Life @ Home: Managing the Stressors\\*](#)

Navigating COVID-19 stay-at-home stressors can be surprisingly hard. Explore how to tackle specific concerns and be more stress-resistant.

### [The Power of Compassion](#)

We're wired to be kind, but life can override that instinct. Discover how to tap the benefits that being compassionate can bring.

### [Domestic Violence Awareness\\*](#)

We For those in an abusive situation, home may not be a safe place. Learn what domestic violence is, warning signs, and how to help.

### [Less is More: Simplifying Your Life](#)

Are you buried by a "get more, have more, do more" lifestyle? Explore how to reduce stress and make room for what matters to you.

### [Stress and Our Perceptions](#)

It feels like stress comes at us, but a lot of it comes from us. Change negative thinking to build positivity and lessen tension.

### [Why We Worry and What to Do About It](#)

Do you worry about worry? We'll share answers and strategies that can help you cope with and control worrisome thoughts.

### [Boosting Your Brain Health](#)

Your brain is the most powerful tool you have. Are you taking care of it? Research shows many ways to impact function and aging.

### [Understanding Depression](#)

What causes depression? How can you tell if you have it? What can help? Join us for clear answers to your questions.

### [When Mood Meets Food](#)

Stress can push us toward the fridge. Learn to recognize your stress eating triggers and get strategies to react differently.

Wellness webcasts are courtesy of Cigna Employee Assistance Program (EAP).

Replay of these on-demand seminars will be available at the links above until **DECEMBER 2021**.

\*No certificate available for this webinar

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