

2020 CIGNA ON-DEMAND WELLNESS WEBCASTS



SEMINAR

TOPIC

[Wellness One Notes for Health](#)

When it comes to making healthy changes, mini moves can deliver big results. From sleep strategies to social connections, find your small steps to wellness.

[Living Lonely: The Power of Connection](#)

No one likes to admit they're lonely, but most of us are at times. Empower yourself to connect using strategies to shift your mindset and comfort zone.

[Caring for the Caregiver](#)

The challenges of caregiving can be unexpected and overwhelming. We'll explore how prioritizing self-care, support, and resilience can make a difference.

[Stress Management 101](#)

You may not be able to avoid stress, but you can choose how you respond to it. Explore your triggers and how changing your outlook and reactions can help.

[Mental Health: You Can Make a Difference](#)

Mental wellness can be a factor for all of us – from dealing with life stress to mental health concerns. Learn simple steps to help yourself and others.

[Not All Stress Is Created Equal](#)

Stress is universal, but the experience is personal. Explore factors that shape your stress "style" and get targeted coping strategies.

[Family Conflict: Keeping the Peace](#)

From sibling squabbles to parenting battles to family feuds, arguments happen. Learn how you can deal with conflict in a productive way.

[Dreaming of a Good Night's Sleep](#)

Having trouble getting the sleep you need to feel rested and refreshed? We'll take a look at factors that can disrupt sleep and how to reclaim your zzzs.

[Channeling Your Inner Winner](#)

In the quest for success, we can often be our own worst enemy. Learn about common internal barriers and how you can overcome them.

[Healthy Eating in a Hurry-Up World](#)

From fast food to mindless eating, how we consume food can be unhealthy. Examine your relationship with food, and explore the idea of mindful eating.

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 2020**.

Together, all the way.®



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