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## IS THERE A SOLUTION FOR HOLIDAY STRESS?

Help your clients reduce employee stress.

Dear Jessica,

During the holidays, employees are pulled in all directions in their work and personal lives. That can lead to high levels of stress – affecting productivity at a time when deadlines are often accelerated.

We have a PLAN for your clients to consider – so they can help employees achieve a healthier work/life balance this season.

**P**eriod of time to unwind

**L**ocation to de-stress

**A**ctivity to enjoy

**N**ame of someone to talk to

Although stress can be even more of an issue at the holidays, it's something employers should be addressing all year long. Cigna provides tools and information that your clients can share with employees who may be experiencing stress. Learn more about Cigna's plan to help control workplace stress.

[SEE THE PLAN](#)