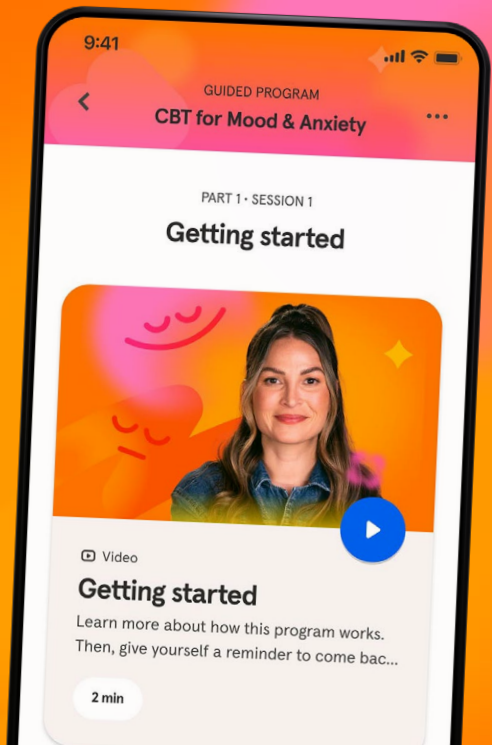




Learn how to handle strong emotions

Guided program: CBT for Mood & Anxiety



It can be hard to get through the day when you're feeling low or anxious. Backed by science and led by experts, **CBT for Mood & Anxiety** shows you how to cope with tough emotions – so they don't get in the way of everyday life.

- ◆ Practice techniques based on cognitive behavioral therapy (CBT)
- ◆ Explore helpful ways to respond to your emotions
- ◆ Learn how to keep up with the changes you've made

ABOUT GUIDED PROGRAMS

Headspace guided programs combine mindfulness exercises, skill-building activities, and practices used in therapy to help you build healthy habits. Looking for more? Try **Managing Stress** and **Finding Your Best Sleep**.

FEATURING



Rosie Acosta
Meditation Teacher



Dr. Neeru Bakshi
Psychiatrist



Uncovering helpful thoughts
4 minute video and activity



Find guided programs in the Explore tab of the Headspace app.

Not a member yet? Your organization provides access to Headspace at no cost to you. Get started at <https://work.headspace.com/imafinancialgroup/member-enroll>