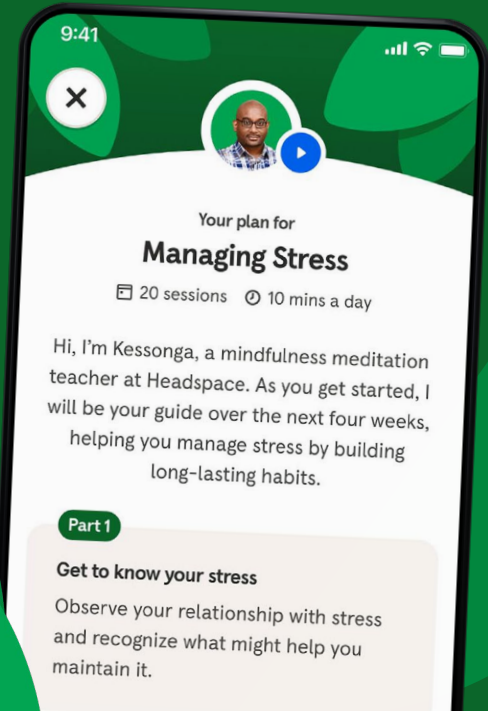




Stress less in 4 weeks

Guided program: Managing Stress



Stressful situations will always come and go throughout our lives, but we can learn to manage our responses to them. In this 4-week program, you'll learn how to handle every day with more ease – no matter what may come your way.

- ◆ Recognize what might be causing your stress
- ◆ Learn to let difficult thoughts float by
- ◆ Build resilience to new challenges

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 **CBT for Mood & Anxiety** and **Finding Your Best Sleep**.

FEATURING



Kessonga Giscombe
Meditation Teacher



What are you grateful for?

1 min journal exercise



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>