



HelpNet Webinar

May

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Minimizing Worry to Maximize Your Life

Are you a worrywart? Nineteen million Americans are chronic worriers and 38 percent report worrying every day. We all worry at times, but if you constantly stress over everything in your life you may be developing a chronic worry habit that can lead to physical and mental health difficulties including stress-related illnesses, generalized anxiety disorder, and depression. In this session, we will assist you in analyzing the root cause of worry, and strategies to break the cycle of worry.

Available On Demand

Starting May 1

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