



Manage stress in uncertain times



Join our live webinar on Wednesday, February 12, 2025 at 1:00 p.m. CT. Learn to keep your emotions in check when faced with difficult changes. Scan the QR code to [register now](#).

In this webinar, you will:

- Define key stressors and reactions to challenging situations
- Learn strategies to maintain emotional balance and resilience
- Discuss techniques to navigate difficult conversations

The webinar will be recorded and posted on your Employee Assistance Program website, MagellanAscend.com.

