

STRESS WORRY ANXIETY

Having anxiety can feel like being held captive
by your own mind. **We can help.**

We invite you to participate in the **Find Inner Calm Challenge**
this September for an opportunity to win an Amazon e-gift card!

To enter, do one or more of the following:

- Enroll in a Learn to Live program

or

- Complete a lesson in your program

Scan or Visit:
learntolive.com/welcome/bcbsmn
enter code **INTACT1**



Learn to Live's Online Programs

RESILIENCE | STRESS, ANXIETY AND WORRY | SOCIAL ANXIETY | DEPRESSION | INSOMNIA | SUBSTANCE USE | PANIC