

Reducing Anxiety **AND WORRY**

Feelings of anxiety and worry are one of the principle causes of stress.

Contact LifeMatters® for suggestions on how to cope with anxiety, worry, and stress.



LifeMatters® by Empathia professionals are available 24 hours a day, every day of the year to discuss a variety of concerns.

Call anytime.

1-800-367-7474

Toll-Free United States, Canada, and Puerto Rico
From overseas, call collect to **262-574-2500**

Visit **LifeMatters®** online at **mylifematters.com**

Language assistance services in your preferred spoken and written languages are available at no cost by calling **1-800-367-7474**.