

Be Prepared



# Stress Management



Sure, you're excited about your international assignment. But there is bound to be some stress and anxiety mixed in with that. For you and your family.

Now for the good news: Cigna Global Health Benefits can help you manage stress in so many ways.

## Before you go.

### **Get up to speed on your new home.**

Learn all you can about the country and the specific area you'll be living in. Download country guides from [CignaEnvoy.com](https://www.cignaenvoy.com) and do some research online.

### **Decrease the language barrier.**

Learning the basics and some key phrases of your new language can go a long way toward helping you feel more at home. Take a class or pick up some language training software.

### **Talk to your doctor.**

If you have ever been diagnosed with depression, anxiety or any other mental or emotional condition, tell your doctor about your upcoming assignment. (Look for more in-depth information on the next page.)

## While you're there.

### **Take *extra* good care of your body.**

As soon as you arrive, get back on a routine sleep schedule, eat balanced meals and exercise regularly. These all help to alleviate stress and boost your sense of well-being.

### **Create a stronger sense of security in your new location.**


If getting good health care is a concern, get familiar with the local emergency response and health care systems immediately after you arrive. It can help to decrease anxiety. You can even do this before you leave.

### **Take advantage of the International Employee Assistance Program (IEAP).**

If you find yourself feeling depressed or anxious beyond what you feel is normal, contact the IEAP. You can talk to someone 24/7/365. These highly trained professionals can also arrange for phone or face-to-face counseling sessions. You even have the option to text, e-mail and chat online to get the support you need.

To learn more about the International Employee Assistance Program – or for anything else you may need – call the International Service Center using the number on the back of your card. Or, if you prefer, send a secure e-mail through [CignaEnvoy.com](https://www.cignaenvoy.com). Either way, you'll get the help and support you need.





**Follow these 5 steps to help ensure a smooth transition.**

**1.** If you are currently taking medications for depression or anxiety – or have ever been hospitalized with a mental or emotional condition – talk to your doctor or therapist before you go. Get their suggestions for dealing with difficult feelings.

**2.** Get a referral to a mental health professional in your assignment country before you leave. Call the International Service Center using the number on the back of your Cigna ID card or use the provider directory on [CignaEnvoy.com](https://www.cignaenvoy.com).

## Dealing with a mental or emotional health condition?

**3.** As technology changes, more and more doctors and therapists conduct appointments via video chat. Find out if your current doctor or therapist offers that option. Then find out if it's covered under your particular plan.

**4.** If you take medications for depression, anxiety or other mental/emotional issues, ask your doctor if you can get 6 – 12 month's worth of your medications.

**5.** If a medication you take can't be prescribed that way, go to [CignaEnvoy.com](https://www.cignaenvoy.com). You can find out the generic and local brand names of your medication. More importantly, you can find out if they are available in your assignment country.

# More Tips



- Feeling stressed? Try proven techniques like deep breathing, yoga and meditation.
- Sites like [tripadvisor.com](http://tripadvisor.com) and [lonelyplanet.com](http://lonelyplanet.com) offer great information to help you explore a new country.
- Feelings of loneliness and homesickness are very common. Use online video chats to connect with the people you miss back home.
- For more peace of mind, carry a card detailing your name, preferred doctors, hospitals, medical conditions and emergency contact in the native language.
- If you've ever dealt with a substance abuse issue, you can still go to support meetings – online. Both Alcoholics Anonymous and Narcotics Anonymous offer video meetings.

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