

# Navigating Anxiety



Anxiety is a normal response to stress. But it can also affect your daily life. Learn its causes. You can understand and recognise anxiety.



**WhatsApp**

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**Website**

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Company Code: nexcom



**Book an Appointment**

Log on to your member website to schedule an appointment.



**iConnectYou**

Download the member app and register using the passcode:  
229489

**SUPPORT IS AVAILABLE 24 HOURS PER DAY, 7 DAYS PER WEEK**

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