

# 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.



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**Book an Appointment**  
Log on to your member website to schedule an appointment.



**iConnectYou**  
Download the member app and register using the passcode: 21364

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

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