

# Change the way you feel by changing the way you think

- Receive a personalized digital program that you can work through at your own pace and from anywhere you'd like
- Get 1-on-1 support from a coach via messages and calls
- Access a set of tools that can make it easier to manage your emotions and enjoy life more

A free 8-week plan of action for a more able you is available to Activision Blizzard employees and dependents.

Start feeling better today at

[AbleTo.com/AB](https://AbleTo.com/AB)

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