



World Mental Health Day

October 10, 2025



Managing Your Emotions from **LifeMatters®**

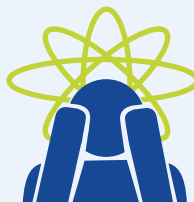
Emotional Reactions to Stress



Irritability



Changes in Mood



Anxiety

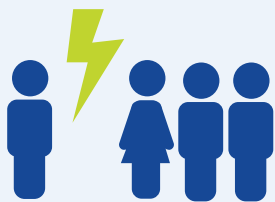


Poor Concentration

When to Seek Help



Inability to Cope



Conflict with Others



Unhealthy Behaviors



Feeling Like Something is "Wrong"

Supportive Resources



Healthcare Provider



Peer Support

Managing Your Emotions
for Improved Mental Health

October 7, 2025 1 p.m. EDT
Password: zhEnaMXd393



Community Support:
A Key to Mental Health
in Older Adults
Available in October from
OnTopic with Empathia



1-800-634-6433

Assistance with Life, Work, Family, and Wellbeing

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Text* "Hello" to 61295 (U.S.)/204-817-1149 (Canada)

*SMS messages will be sent for the duration of the chat. Message and data rates may apply. Text HELP for help and STOP to cancel.
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