



World Mental Health Day

October 10, 2025



Managing Your Emotions from **LifeMatters®**

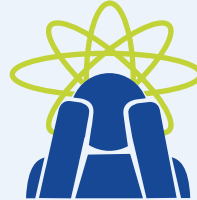
Emotional Reactions to Stress



Irritability



Changes in Mood



Anxiety

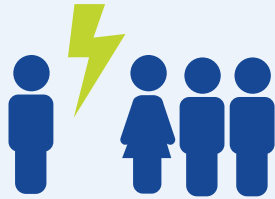


Poor Concentration

When to Seek Help



Inability to Cope



Conflict with Others



Unhealthy Behaviors



Feeling Like Something is "Wrong"

Supportive Resources



Healthcare Provider



Peer Support

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



LifeMatters® by Empathia. 1-800-367-7474

Assistance with Life, Work, Family, and Wellbeing

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Call collect to **262-574-2509** if outside of North America

Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474. This information is for educational purposes only and is not intended to take the place of medical advice.

