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

* LifeMatters
* Healthcare Provider
* Peer Support

[Managing Your Emotions for Improved Mental Health](https://www.empathia.com/promos/archives/2025/October2025/SupportSession_October25.php)

* Live Support Session
* October 7, 2025
* 1 p.m. EDT
* Password: zhEnaMXd393

[Community Support: A Key to Mental Health in Older Adults](https://www.empathia.com/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

mylifematters.com

24/7/365

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.

﻿The information is for educational purposes only and is not intended to take the place of medical advice.

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