



# World Mental Health Day

## October 10, 2025



Managing Your Emotions from **LifeMatters®**

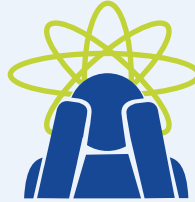
### Emotional Reactions to Stress



Irritability



Changes in Mood



Anxiety

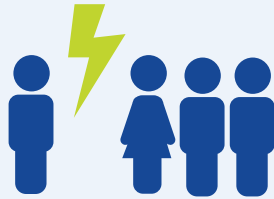


Poor Concentration

### 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



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

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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.

