



# May is Mental Health Awareness Month

## Supporting mental health at every life stage

From childhood to older adulthood, our mental health needs evolve. Understanding and prioritizing what matters most at each stage helps us manage stress, build resilience, maintain meaningful relationships and thrive in daily life.

### » **Children (0 – 12): Emotional security and healthy attachments**

A solid foundation in emotional security helps children build resilience and cope with stress. Secure relationships with caregivers provide stability, trust and emotional regulation. To support this, create a nurturing environment, encourage emotional expression and maintain predictable routines.

### » **Adolescents and young adults (13 – 25): Identity, social support and coping skills**

This is a time of self-discovery, peer influence and independence. It's also a time of stress as adolescents gain more responsibility and begin to experience greater social and academic pressure. Strong social connections and healthy coping skills can help them manage stress and life transitions. Foster open conversations by creating a safe and judgment-free space, encourage self-expression through hobbies and interests, and teach stress management through mindfulness and exercise.

### » **Adults (26 – 64): Work-life balance and stress management**

Careers, relationships and family life can lead to burnout if not properly managed. Set boundaries, maintain supportive relationships, and engage in self-care activities like hobbies and physical activity to promote mental wellbeing.

### » **Older adults (65+): Social connection and cognitive engagement**

Major life changes, like retirement, health issues or loss can lead to increased isolation and depression. Staying socially and mentally engaged supports overall wellbeing and cognitive health. Make time for social interactions, lifelong learning and finding purpose through hobbies or volunteer work.

As we mature and our lives change, taking care of our mental health is key to living a fulfilling life at every stage.



Scan the QR code to visit your member website for more information.