



October Feature Life Events and Our Mental Health

Whether it is the death of a loved one or birth of a child, adjusting to the changes that significant life events bring can be tough. Coping with change takes strategy and effort, but is possible when you learn to focus on what you can control and let go of what you cannot. Check out [Coping with Change: Change and Stress](#) for more tips on managing life changes, and don't forget that your family and friends can be a great support system. You may also find the article [Coping with Change: Helpful tips on coping with change](#).

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Search the platform any time for helpful resources related to this topic.

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