

## Iris Print Books Are Now Available!!!



Since 2013, users from all around the world have been enjoying the Iris the Dragon book series in electronic format. We are excited to announce that print versions of each book are now available to order!

All books are paperback, 9" x 7" (width x height) in size and can be shipped to anywhere in the world!

Visit our resource centre to get your copy today!

[Resource Centre](#)

## How to Protect Your Mental Health – in Every Life Stage

At Iris, we've shifted gears to focus on helping everyone take proactive steps to protect their mental health – in every life stage. No matter how old you are or where you are in your life journey, there are unique developmental challenges that you need to tackle.

Often, these life stressors are unavoidable – but by being aware of them and preparing for them, we can make sure that our mental health thrives with every big life transition we go through.

Here are some of the biggest challenges for adults in each age group – and some quick tips to help you manage them:

### **19 to 45 Years Old: Building a Life**

Although life trajectories can vary wildly from person to person, somewhere in between these ages (young adulthood and middle adulthood) is usually when we start to build a life for ourselves. If you're in this stage, you might be thinking about committing to a long-term romantic partnership, starting a family, or starting to build some success in your chosen career path.

In this stage, you'll likely need to make big decisions that will stay with you for the rest of your life. You can protect your mental health by preparing for the stress and uncertainty that might come along with having to make these types of commitments.

### **46 to 65 Years Old: Building Stability**

Once we've built a life, it's time to build some stability in that life. While the previous life stage was filled with difficult and life-altering decisions, by this stage, most of these huge decisions have already been made. We are more financially and emotionally stable than we were before, and we work on building that stability up.

In this stage, be prepared for some losses that might come up. Since we're focused on building stability in this stage, any change or transition is especially difficult to manage – not to mention signs of aging that are creeping up. Learning coping strategies to survive unexpected changes can help us to be mindful and roll with the punches.

### **65+ Years Old: Enjoying What You Have Built**

We call these the golden years not because your life is phasing out, but because you're now able to sit back and enjoy everything that you've worked so hard for. If we're fortunate, we are able to retire around this age and discover new passions.

Loneliness, however, can be a big issue in this stage for many people. We face a great deal of loss in this stage due to loss of mobility and death. We can prepare our mental health by surrounding ourselves with the people we love and learning how to express grief and other emotions in healthy ways.

Iris is here to equip you with the information you need so that you can keep on shining as you move through life. Iris tip sheets are designed to help you, and those around you, thrive throughout all of life's stages.

[Learn More about Iris' Life Stage Tools](#)

## Support Iris

Funds will be used to support the ongoing maintenance of free mental health literacy tools and the development of new tools for each life stage.

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