COVID-19 (Coronavirus)

Emerging adults: how to reset during COVID-19

Given the COVID-19 pandemic, people between 18 and 25 years old have unique challenges. Here are some tips to help cope.

- Be kind to yourself. Practice self-care each day by doing what you enjoy to reduce stress.
- Reach out to others. Stay connected to positive friends and other encouraging people in your life.
- Practice gratitude. Find ways to say thanks to people. Keep a gratitude journal.
- Move your body, eat well, and get enough sleep. Taking care of your physical health supports better mental health.
- Let go of perfectionism and comparison. Set realistic goals. The only person worth comparing yourself to is you.
- Reframe critical self-talk. Make a list of things you like about yourself. Replace negative self-talk with a positive phrase such as “I can do this.”
- Evaluate your beliefs. Do not let your worries trick you into making things bigger than they are. Challenge your thoughts by looking at the facts.
- Revise plans and goals. Revisit your goals and how you can reach them. Break down goals into small parts and celebrate your mini-triumphs.
- Give back. It feels good to be part of something bigger than yourself. Ask yourself how you can make a difference. Use your unique gifts.

Feeling anxiety about your future is normal. It is okay to feel this way. You are not alone.

If you are feeling stressed because of COVID-19, call Washington Listens at 1-833-681-0211.

Spread the Facts

coronavirus.wa.gov