

## 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.

**Spread the Facts**

[coronavirus.wa.gov](https://coronavirus.wa.gov)

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

