

COVID-19 (Coronavirus)

Young 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

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

