

Coping during COVID

RESOURCES FOR EMERGING
ADULTS



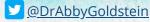


PEARL

Psychology of Emerging Adulthood Research Lab

www.oisepearl.com

<u> @pearluoft</u>



Feeling overwhelmed right now is

totally valid.

Many parts of our day to day lives are now more challenging in new ways due to the COVID-19 pandemic.

Check out these resources for tips and help!

- FINANCIAL RESOURCES
- STRESS & MENTAL HEALTH
- RELATIONSHIPS
- DEALING WITH FAMILY &
 ROOMMATES
- KEEPING UP WITH SCHOOL



MANAGING FINANCES

During COVID-19



PEARL

Psychology of Emerging Adulthood Research Lab



- HOW TO GET FINANCIAL SUPPORT AND SAVE MONEY DURING THE CORONAVIRUS (COVID-19)
- 8 FINANCIAL TIPS FOR YOUNG
 PEOPE AMID COVID-19
- THE FINANCIAL DIET
- SHERBOURNE HEALTH: FEDERAL,
 PROVINCIAL & MUNICIPAL
 FINANCIAL & ECONOMIC
 SUPPORTS DURING COVID-19



STRESS & MENTAL HEALTH

During COVID-19





- CAMH: MENTAL HEALTH & THE COVID-19 PANDEMIC
- DEALING WITH OUR COLLECTIVE PANDEMIC GRIEF
- THE 519: EMOTIONAL SELF CARE
- BAY PSYCHOLOGY: TOLERANCE FOR UNCERTAINTY WORKBOOK
- LGBTQI2S MENTAL HEALTH TIPS
 DURING THE COVID-19 PANDEMIC
- HOW TO DEAL WITH HEALTH ANXIETY
 DURING THE COVID-19 OUTBREAK
- CORONAVIRUS ANXIETY: COPING
 WITH STRESS, FEAR, AND WORRY



RELATIONSHIPS

During COVID-19





- NYC HEALTH: SEX & COVID-19 FACT SHEET
- TORONTO SEXUAL HEALTH CLINICS:
 UPDATED HOURS & COVID
 CLOSURES
- PLANNED PARENTHOOD TORONTO
- CONNECT WITH MORGAN JOHNSON
- ESTHER PEREL: RESOURCES FOR COUPLES AND INIVIDUALS
- MANAGING FAMILY CONFLICT
 WHILE HOME DURING COVID-19:
 INTIMATE PARTNERS
- MINIMIZING RELATIONSHIP TENSION AT HOME DURING COVID-19 CRISIS



DEALING WITH FAMILY & ROOMMATES

During COVID-19



PEARL

Psychology of Emerging Adulthood Research Lab



- AUSTRALIAN RED CROSS:
 DEFUSING FAMILY TENSION
 AND CONFLICT DURING THE
 COVID-19 PANDEMIC
- HOW TO CURB FAMILY AND ROOMMATE TENSION DURING
 THE CORONAVIRUS
 PANDEMIC, ACCORDING TO
 THERAPISTS
- PREVENTING HOUSEHOLD
 CONFLICT WHEN YOU'RE
 STUCK AT HOME TOGETHER



KEEPING UP WITH SCHOOL

During COVID-19



- 7 TIPS TO HELP MAKE REMOTE LEARNING MORE EFFECTIVE
- 10 TOP TIPS FOR REMOTE LEARNING
- TOP TIPS FOR ADAPTING TO REMOTE LEARNING
- REMOTE LEARNING TIPS FOR STUDENTS WITH DIFFERING NEEDS