




Coping during COVID

RESOURCES FOR EMERGING
ADULTS




PEARL

Psychology of Emerging Adulthood Research Lab

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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**



EMERGING ADULT RESOURCES FOR

MANAGING FINANCES

During COVID-19



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RESOURCES



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



EMERGING ADULT RESOURCES FOR

STRESS & MENTAL HEALTH

During COVID-19



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RESOURCES



- [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](#)



EMERGING ADULT RESOURCES FOR

RELATIONSHIPS

During COVID-19



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RESOURCES



- 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 INDIVIDUALS
- MANAGING FAMILY CONFLICT WHILE HOME DURING COVID-19: INTIMATE PARTNERS
- MINIMIZING RELATIONSHIP TENSION AT HOME DURING COVID-19 CRISIS



EMERGING ADULT RESOURCES FOR

DEALING WITH FAMILY & ROOMMATES

During COVID-19



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RESOURCES



- 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



EMERGING ADULT RESOURCES FOR

KEEPING UP WITH SCHOOL

During COVID-19



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RESOURCES



- 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