



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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- [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](#)