

Some Thoughts for Emerging Adults on their Well-Being in this Time of COVID-19

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Uncertainty

As this worldwide pandemic crisis unfolds, most of us worry that our daily routines are going to change for an unknown period. Many countries around the globe are currently facing 2nd and 3rd waves of the COVID-19 outbreak, and our initial hope of defeating the spread by a one-time lockdown has failed. Emerging adults were in the middle of their pursuit toward independence – toward a career, occupation, earning a degree, planning their family, or even getting married, to name just a few goals. These plans were abruptly interrupted and, in some cases, transformed into a virtual activity. Although many people initially welcomed this forced break from life's rat race with some relief, the prolonged period under the COVID-19 restrictions has had a profound effect on all aspects of emerging adults' lives - including loss of financial, psychological, and health resources, and has resulted in increased stress.

Following are a few thoughts emerging adults might find beneficial as these COVID-19 times continue.

It's OK to Feel Not OK

It is normal under these circumstances to feel more worried, preoccupied, overwhelmed by the uncertainty, as well as the health and financial threat to ourselves and our loved ones. Remember it is normal and do not overload yourself with self-blame for being worried and stressed – It would be like blaming ourselves for being human.



Escape Negative Rumination

Permitting ourselves to feel not OK, does not mean dwelling on our misfortune. This is hardly beneficial and can lead to "rumination" – which means thinking the same negative thoughts repeatedly and getting nowhere, like a hamster on a treadmill. Being aware and labeling such thoughts as rumination somewhat releases their painful grip.

Focus on the Meaningful Stuff

Generating meaning during adversity can provide a clear path out of passivity toward a worthwhile action that is under our control. This might include being more mindful of what we want to achieve in the long run, for example being calmer, helping others, or simply learning how to accept both the positive and the negative in life.



