

Coping as a Young Adult During the Pandemic

Thriving during uncertainty and change. Navigating the school year and COVID-19.

Adapted by Alissa Brown, Psy.D. from materials created by Minding Your Mind

Managing change and transition can bring a range of emotions, such as excitement, worry, fear, and uncertainty, which may be particularly stressful for students. These resources normalize those unique challenges facing young adults and provide education about specific coping skills best suited for navigating transitions and related current topics.

- Cabrini is partnering with the Minding Your Mind program throughout 2021. Check out all of the online mental health resources here:
https://online.mindingyourmind.org/bundles/for-students?th_u=31bc446c
- Undergraduate students at Cabrini also have access to free, confidential counseling services at CAPS – Counseling and Psychological Services. For more information, visit our website at: www.cabrini.edu/counseling, or call 610-902-8596, or email us at jennifer.gorman@cabrini.edu

Video Panel Discussions with Young Adults Coping with Covid:

Young Adult Panel Discussion on Coping During Covid: <https://vimeo.com/453341460/d9db88c226>

Back to School During Covid: <https://vimeo.com/458980169/82b13ffc2f>

CIRCLE OF CONTROL



MINDING
YOUR MIND

WWW.MINDINGYOURMIND.ORG

When situations seem overwhelming, stressful, and cause us discomfort, it is helpful to ask ourselves what is in our control and what are things we can do to make our situations better. You may notice there are always more things outside of our control than in our control, but we can always control certain things, like our reactions. By placing our focus on what's in our control, we can get some relief.

Circle of Control: This tool allows you to identify what is in your control and what is outside of your control. Next time you are faced with a difficult situation, ask yourself, "How much of this is in my control?"

Directions: Click inside the circle, and enter text with examples of what you can control (examples: how I behave, what I watch, read, and listen to, how I care for myself, etc.). Click outside the circle, and enter text examples of what you cannot control (examples: the weather, health risks, what other people think, feel, and do, etc.).

WHAT IS OUTSIDE OF MY CONTROL

WHAT I CAN CONTROL

