TRANSITIONING INTO ADULTHOOD & MANAGING NEW STRESS

- Re-frame stress as uncertainty
- Social support is key
- New roles
- Academic demands
- New relationships
- Exploration

Emerging adulthood

- Full time employment starts later
- Demographic, personality, contextual factors
- At this point the "roadmap" is over

Re-centering (Tanner 2016)

"Stressed, uncertain," period of risk for compromised well-being?

Period of risk
57% stable, low depressive symptoms

- Stay optimistic
- Ambiguity
- Build resilience
- Remain committed
- Persistence
- Work with your strengths

Self-congruence
Self-regulation

Self-discovery

Uncertainty

Why we do what we do

Resources, coping

Identity development

Uncertainty in timing