

YOUTH MENTAL HEALTH AWARENESS

Looking After Youth Mental Health — Struggles Transitioning into Adulthood —

Many teens and young adults face difficulties entering adulthood. This challenge is often called failure to launch, where the teen or young adult has trouble becoming self-sufficient and taking on adult responsibilities. There are several factors that may impact a teen's transition to adulthood – the economy, the number and kind of jobs available and an unwillingness to take on education debt. Other factors include low self-esteem, anxiety, depression, substance abuse, poor social skills and issues with memory, flexible thinking and self-control.

Symptoms of Failure to Launch:

- Poor work ethic
- Low distress tolerance
- Low levels of motivation
- Low levels of persistence
- High expectations of others without reciprocating
- Failure to take responsibility
- Lack of vision (for the future or long-term goals)
- Lack of skills needed for adulthood (cooking, cleaning, etc)
- Narcissism

Seven Life Skills a Teen Needs to Achieve Independence:

- Work skills
- Transportation
- Goal setting
- Emotional regulation
- How to deal with emergencies
- Basic household management
- Financial skills

Adolescence is a time when teens are finding their independence and discovering their identity and interests. This can also be a stressful and challenging time for teens because of the rapid physical and emotional changes they are experiencing. Many teens struggle with their independence and developing life skills.

Regulating emotions is one major life skill for teens to learn. It builds confidence and aids in successfully meeting challenges. Reach out to your EAP to learn how to help your teen deal with uncomfortable emotions in a healthy way and how to model those techniques yourself. Rest assured, teens lacking life skills can improve with practice and become successful independent adults.

For assistance with teen struggles, reach out to the EAP at 800-327-4968 (800-EAP-4YOU),
TTY: 877-492-7341 or visit EAP4YOU.com for more resources and information.