

Adaptability

When faced with uncertainty, feeling fear, try to tune into curiosity instead.

Panic Attacks:

When the brain knows it is safe, but other parts of it are saying it is not safe.

Suggestions for alleviating are to start naming everything that is a certain color, or spell words backwards, or count backwards, to shut off the parts of the brain that are sending the panic response to the amygdala.

Adaptability means to be willing to adjust to changing circumstances.

Sometimes, because of the rip current, or the circumstances, and someone is feeling like they don't know what they want to do it is a very isolating experience.

With your young adults, an adaptable place to start can be
"What problem(s) do you want to solve in the world?"

Discussion Point:

What problems do you want to see solved in the world?
Are you currently addressing that in some way big or small?