



# FAMILIES

TACKLING TOUGH TIMES

# TOGETHER



**FAMILY**

YOUNG ADULTS

## We Take Action! Mobilizing Social & Economic Resources

In times of struggle we need to hold on to hope so we can look for chances to act. There are, without question, a lot of struggles going on in the world, and possibly in our own lives, right now. Some of that struggle is far outside of our control, but that doesn't mean we do not have the power to change certain parts of our own circumstances and the world around us. Reaching out to family, support groups, organizations, and community resources helps us to better navigate the challenging world we live in.

### Feeling like a Burden

Reaching out to others can be difficult when we have been told for most of our lives how capable we are—how resourceful, bright, and skilled we are at addressing and solving most of our own problems. Sometimes when we are an accomplished person who has been successful, academically, athletically, or otherwise, we can begin to believe that we *should* be able to solve all of the challenges we face on our own.

The truth is that we all need to depend on others at times, and it is honestly a critical skill to know when we need to reach out to others and to take the **wise risk** of allowing others to share in our struggles. Sometimes all that means is letting ourselves vent to someone else — letting our thoughts and feelings flow freely. Rather than being a burden or problem to others, we are literally showing them how much we trust them.

### Video Resources

- [Want to Change the World? Start by Being Brave Enough to Care](#)
- [How to Step Up in the Face of Disaster](#)

### Internal Actions

- Reflect on your values and the steps you can take to live out those values. Why are these values important to you?

### External Actions

- Young adults often need a reminder that reaching out for support is an act of control — rather than an act of weakness. Look to others around you in your family and community and tell them it is okay to ask for help — no one has to do it alone.

To learn more about the science behind the mindset and goals of Generation Z, you may wish to read the below research:

- [Generation Z Goes to College](#)