

WHAT IS A QUARTER-LIFE CRISIS AND HOW TO TACKLE IT

bills.
job.
crisis. **20** adult.
panic. The quarter life crisis. money.
career.
university.
responsibilities.

Summary: Look at a quarter-life crisis as the opportunity to rethink your choices and make ones that you actually want to do. Having a job you hate will make things harder down the road.

You may be in a quarter-life crisis and not even know it. Here are the top symptoms:

- Nothing seems right even though nothing is really wrong.
- You may be successful but feeling unmotivated, passionless, or directionless.
- There is a tremendous amount of pressure and expectations that are bringing you down and stressing you out.
- You have moved back home to live with your parents.
- You constantly compare yourself to others your age.
- Thinking of the future causes anxiety.
- You feel like your life is crashing down around you even when it may not be.

Having a quarter-life crisis isn't a bad thing. It is better to **change your life direction now** compared to when you are 50 years old going through your mid-life crisis. Luckily, changing careers is not the end of the world and will help you find that one job that makes you happy.

In order to get past this crisis, you must shift the focus inside instead of relying on what is seen on the outside. You need to explore who you are and **what you want out of life**. Trust yourself to know what is best for yourself and ignore the pressures that others are putting on you. If you have to create a job that satisfies your passions, then don't be afraid to do that.

Photo: theodysseyonline.com