

Early adulthood

19–45 years

Physical changes in early adulthood

- Reaches maturity
- In the prime of life
- Fit and healthy

Intellectual changes in early adulthood

- Qualifications for career achieved
- Continued professional development
- Still learning new things
- Development of wisdom

Emotional changes in early adulthood

- Close intimate and sexual relationships firmly established for many
- Identity clearer and more established
- Parenthood and bonding with children for many
- Security for many

Social development in early adulthood

- Established relationships
- Closer circle of friends than in adolescence
- Less hectic social life with parenthood responsibilities
- Social life and friendships often focused on working life and colleagues

