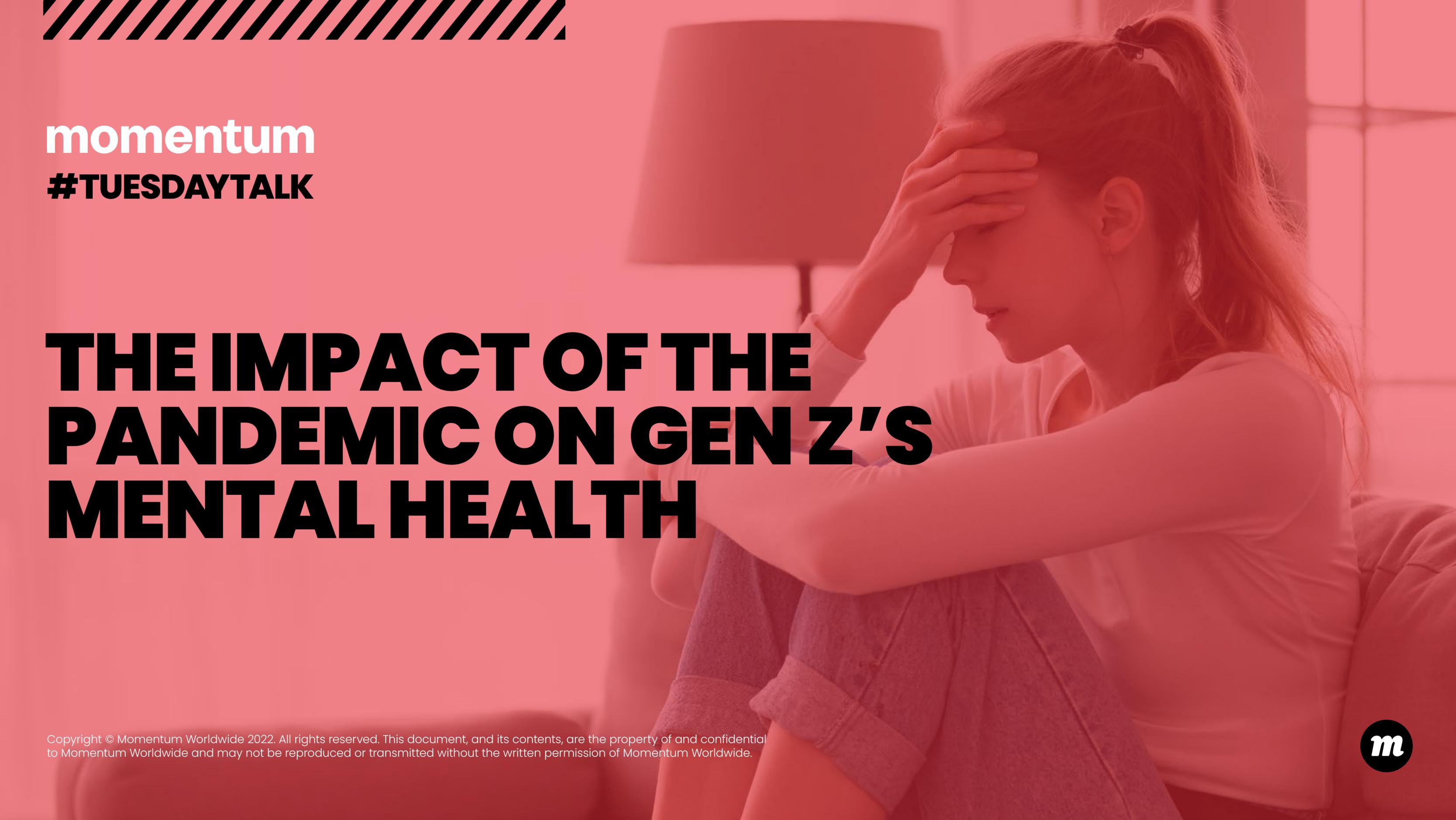




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#TUESDAYTALK

THE IMPACT OF THE PANDEMIC ON GEN Z'S MENTAL HEALTH



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01

86% of Gen Z globally feel that doing something creative helps them feel at ease.

(Source: Kyra Media)





02

75% of global Gen Zers who are socializing more than they did pre-Covid say it's because they want to boost their mental health.

(Source: Vice)



03

50% of Gen Zers worldwide say their mental health has worsened in the past year, compared to 37% of Boomers.

(Source: GWI)





04

37% of Gen Zers want to learn more about mental health to help them in everyday life, but feel schools aren't delivering on this.

(Source: YPulse)





05

Last year, 48% of Gen Zers globally said they were stressed all or most of the time.

(Source: Deloitte)



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