



YOUNG PEOPLE NEED SUPPORT

The pandemic is just one of many crises Gen Z is coping with.

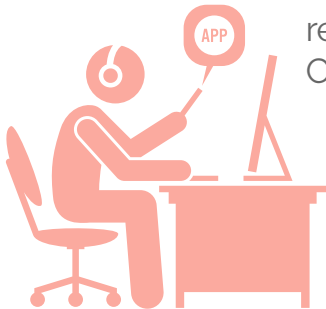


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NEWS BRIEF: YOUNG PEOPLE NEED SUPPORT

TO SIMPLIFY HOW PEOPLE RESPONDED TO THE PANDEMIC...

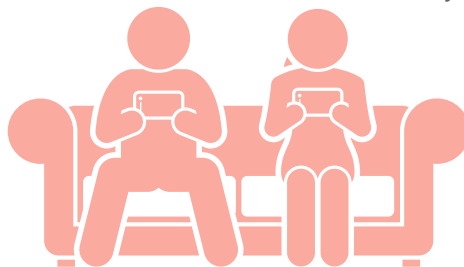
"BRUH" - SOME GEN ZER, PROBABLY | "BRO" - SOME GEN YER, MY GUY | "DUDE" - SOME GEN XER, YO



- We reviewed the published evidence and conducted local research to indicate how the pandemic affected young people in Central Florida.
 - Generation Zers (Gen Z: middle school to early professionals) report higher rates of anxiety, depression, and distress than any other age group.
 - COVID-19 greatly declined older children's (ages 10-18) emotional and cognitive health.
 - Gen Z professionals identify the most important component for their wellbeing at work to be social relationships and socio-emotional experience.
 - Despite a decline in their mental health, the use of alcohol and nicotine also declined among young people.
 - Among homeschooled students, abdominal (not upper body) muscular strength and endurance were significantly lower.
 - Gen Zers report first seeking mental health solutions via advice from other young people (using TikTok, Reddit, etc.), following therapists on Instagram, downloading relevant apps, etc.
 - Green spaces promote youth wellbeing including personal development, physical functioning, emotional status, and have positive effects on their overall wellbeing



Consider the above and what this means for your business.

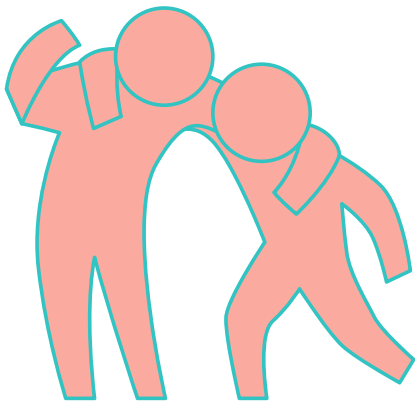


GENERATION Z'ERS (GEN Z: MIDDLE SCHOOL TO EARLY PROFESSIONALS) REPORT HIGHER RATES OF ANXIETY, DEPRESSION, AND DISTRESS THAN ANY OTHER AGE GROUP



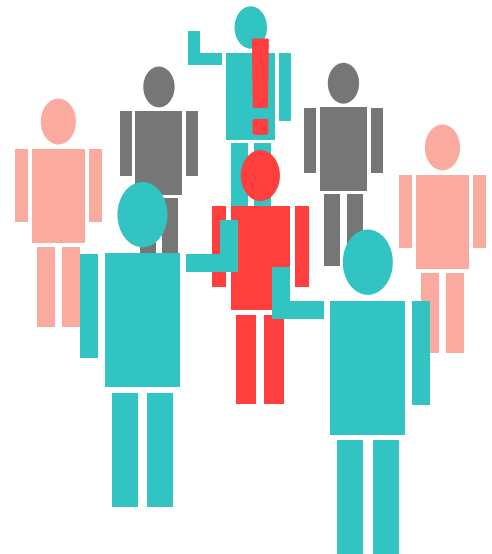
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For example: if mental health worsens, but young people abuse substances less, then what do they do to turn in order to cope? Perhaps social media, internet, shopping, or other addictions?

Are they coping? If not, then irritability, burn-out, restlessness, poor lifestyle habits, and stress could affect their work if gone unnoticed. You don't need to be a therapist. You can be a caring ear and a part of their solution rather than a problem.



There are a lot of ways to keep up with an ever-changing world. Reach out to patti@groundedwithdata.com; she can help. Get onto her calendar now before it books up!

[Click here to see the full report and other news briefs on the topic!](#)

DID YOU KNOW?

GROUNDING WITH DATA SPECIALIZES IN KEEPING TRACK OF WHAT'S HAPPENING IN THE WORLD SO MANAGERS CAN FOCUS ON RUNNING THEIR ORGANIZATIONS. BEFORE YOU CHECK YOUR NEXT EMAIL, ASK PATTI HOW WE CAN SAVE YOU TIME AND MONEY.

WHEN WAS THE LAST TIME YOU CHECKED IN WITH YOUR AUDIENCE?

