

ADDRESSING GEN ZS' MENTAL HEALTH ISSUES

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Gen Z, the group of people who were born between the middle of the 1990s and the beginning of the 2010s, is frequently described as having a higher risk of mental health problems. The digital age, academic pressure, economic unpredictability, shifting social dynamics, and improved awareness of and access to mental health resources are some of the elements that contribute to this perspective. To address the demands of Gen Z in terms of mental health and to offer the right support, it is essential to comprehend these factors.

The difficulties with their mental health are significantly influenced by Gen Z's exposure to the digital era and social media. Stress and anxiety can be made worse by the pressure to keep up a polished online persona, dealing with cyberbullying, and the dread of missing out. Gen Z is also heavily burdened by the fierce academic rivalry and high expectations for achievement, which can result in increased stress, burnout, and mental health problems. Financial instability and job insecurity caused by economic uncertainty add yet another source of stress and worry about the future.

Additionally, Gen Z is subject to quick societal changes, such as altering cultural standards and changing attitudes toward gender and sexuality. While these changes encourage inclusivity, they also create difficulties for exploring one's identity and overcoming self-doubt, which has an effect on one's mental health. The idea that Gen Z is more vulnerable to mental health difficulties may also be influenced by their increasing awareness of mental health concerns and better access to resources.

Promoting mental health education, offering readily available tools, and creating friendly surroundings are essential for assisting Gen Z. We give Gen Z the tools to handle stress

and develop resilience by teaching them about mental health, how to spot indications of discomfort, and coping techniques. The availability of assistance is increased by expanding access to mental health resources like counseling services and helplines. Online and off, safe and welcoming environments promote candid communication and peer support. Their wellbeing is further improved by balancing technology use, increasing offline contacts, and supporting good coping mechanisms.

Due to its effects on personal well-being, future generations, productivity and success, social and economic issues, and from a humanitarian standpoint, Gen Z's mental health is of the utmost importance. We can develop a culture that values mental health, promotes wellbeing, and equips the next generation to flourish by addressing the particular issues that Gen Z experience and provide the assistance that is required.

References:

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