

Caring for the Mental Health of Gen Z and Gen Alpha

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Objectives

Definitions

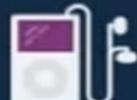
Comparisons Between Gen Z & Gen A

- Mental Health Perceptions
- Technology

SDA Health Message & Mental Health

- How does the SDA health message promote good mental health?
- What can we do to promote mental wellness among Gen Z & Gen A?

- **Question & Answer**

CATEGORY	BUILDERS	BABY BOOMERS	GENERATION X	GENERATION Y	GENERATION Z	GEN ALPHA
Slang terms	 <p>We prefer proper English if you please</p> <p>Born: < 1946 Age: 74+</p>	 <p>Be cool Peace Groovy Way out</p> <p>Born: 1946-1964 Age: 55-73</p>	 <p>Dude Ace Rad As if Wicked</p> <p>Born: 1965-1979 Age: 40-54</p>	 <p>Bling Funky Doh Foshizz Whassup?</p> <p>Born: 1980-1994 Age: 25-39</p>	 <p>🔥 Fam GOAT Slay Yass queen</p> <p>Born: 1995-2009 Age: 10-24</p>	 <p>lit yeet hundo oof rn idrc</p> <p>Born: 2010-2024 Age: under 10</p>
Social markers	World War II 1939-1945	Moon landing 1969	Stock market crash 1987	September 11 2001	GFC 2008	Trump / Brexit 2016
Iconic cars	 Model T Ford Final, 1927	 Ford Mustang 1964	 Holden Commodore 1978	 Toyota Prius 1997	 Tesla Model S 2012	 Autonomous vehicles 2020s
Iconic toys	 Roller skates	 Frisbee	 Rubix cube	 BMX bike	 Folding scooter	 Fidget spinner
Music devices	 Record player LP, 1948	 Audio cassette 1962	 Walkman 1979	 iPod 2001	 Spotify 2008	 Smart speakers Now
Leadership style <small>L - Leader l - New leaders</small>	 Controlling	 Directing	 Coordinating	 Guiding	 Empowering	 Inspiring
Ideal leader	Commander	Thinker	Doer	Supporter	Collaborator	Co-creator
Learning style	 <p>00:54:10 01:42:52</p>			Interactive	Multi-modal	Virtual
Influence/advice				Peers	Forums	Chatbots
Marketing	Print (traditional)	Broadcast (mass)	Direct (targeted)	Online (linked)	Digital (social)	In situ (real-time)

Mental Health Perceptions

Gen Z

Gen A

- Mental Health aware
- Facing Real World Challenges, Stressors, Awareness & Reduced Stigma
- 37% have received therapy (Millennials 35%, Gen X 26%, Baby Boomers 22%, Silent Generation 15%)
- Technology as a part of the problem and solution

- Mental Health aware
- Lack of Quality Free Time (12 hours less on average)
- Correlation of increased prevalence of depression and anxiety by 5-8X
- Technology as a part of the problem and solution

Gen Z's Mental Health Strengths & Challenges

- 91% of Gen Z respondents report experiencing physical or psychological symptoms due to stress (APA, Stress in America Survey, 2018)
- 70% of all teens across all genders, races and family income levels say that anxiety and depression are significant problems among their peers. (Pew Research Center)
- 45% of Gen Z report that their mental health is very good or excellent, according to the American Psychological Association. Other generational groups fared better on this. (Millennials, 56%, Gen X, 51% and Boomers, 70%)
- First generation to be exposed to potentially harmful content through social media at a young age (e.g. self-harm videos) (verywellmind.com)
- Social media pressures (harassment, bullying, need to conform)
- Social media has also normalized mental health problems
- Stigma is called out as unacceptable- strength
- Isolation
- (verywellmind.com, "Why Gen Z is More Open to Talking About Their Mental Health", March 2021)

Gen A's Mental Health Strengths & Challenges

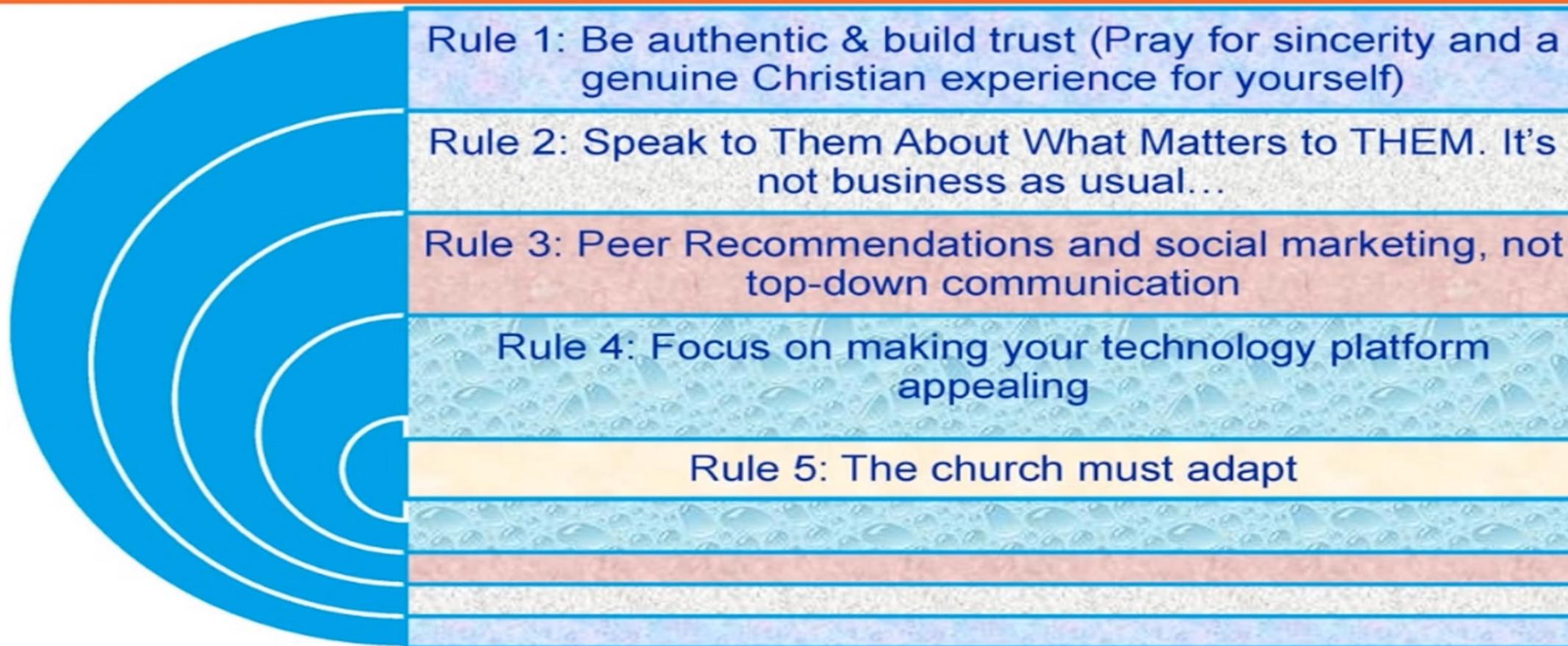
- Modified childhood
- Information literate: Access to large amounts of information (good & bad)
- Decreased play
- Detect Inauthenticity quickly
- Diversity, inclusion & social responsibility are a part of their fabric
- Prudent with money
- Huge potential spending power
- (neo.academy, "Generation Alpha- How to Engage Them", August 2021)

What Does the SDA Church Say About Mental Health?

Fundamental Belief 7 explicitly states that human beings are made in the image of God as “an indivisible unity of body, *mind*, and spirit.” <https://www.adventist.org/en/beliefs/humanity/nature-of-humanity/>

Ellen White wrote that “the relation that exists between the mind and the body is very intimate. When one is affected, the other sympathizes. The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces and to invite decay and death. . . . In the treatment of the sick the effect of mental influence should not be overlooked. Rightly used, this influence affords one of the most effective agencies for combating disease.” (*Ministry of Healing*)

What Can We Do?



(neo.academy, "Generation Alpha- How to Engage Them", August 2021)



For More Information

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