

MILLENNIALS

THE STRESSED OUT GENERATION



OVER 1/2 OF MILLENNIALS SAY THEIR STRESS HAS CONTINUED TO INCREASE OVER THE LAST FIVE YEARS.¹

37% OF MILLENNIALS REPORT FEELING VERY OR EXTREMELY STRESSED IN THE PAST MONTH.²

OVERALL, MILLENNIAL WOMEN ARE MORE STRESSED OUT THAN MILLENNIAL MEN (42% COMPARED TO 33%).³



WHAT IS STRESSING OUT

MILLENNIALS⁴



MILLENNIAL MEN

47%
46%
39%
25%
32%
29%
19%
21%

FACTORS THAT CAUSE STRESS

Finances
Job/Career
The Future
Family Responsibility
Work / Life Balance
Living Situation
Physical Appearance
Social Life

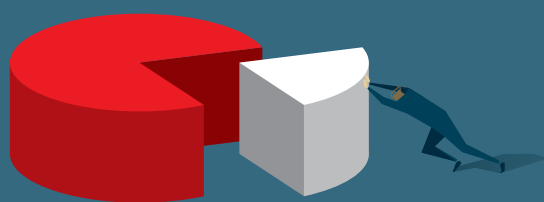
MILLENNIAL WOMAN

58%
41%
39%
40%
33%
30%
34%
23%



SLEEP PROBLEMS

70% of millennials wake up in the middle of the night due to stress.⁵



FINANCE STRESS

67% of millennials say financial stress interferes with their ability to focus at work, compared to 32% for baby boomers.⁶



MENTAL HEALTH

35% of millennials concerned about mental health compared to 23% of baby boomers.⁷

WAYS MILLENNIALS DE-STRESS⁸



37%
Listen to Music



28%
TV and Videos



28%
Sleep



25%
Exercise and Sports



24%
Talking to Others



24%
Eating



13%
Prayer



15%
Smoking and Drinking

