The Stressed Out Generation

Millenials

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

What is stressing out millennials?

Millenial Men

Factors that cause stress

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

Millenial Women

Factors that cause stress

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

Millenials are more stressed out: What is stressing them out?

Millenial Men

- 47% Finances
- 46% Job/Career
- 39% The Future
- 25% Family Responsibility
- 32% Work/Life Balance
- 29% Living Situation
- 19% Physical Appearance
- 21% Social Life

Millenial Women

- 58% Finances
- 41% Job/Career
- 40% The Future
- 33% Family Responsibility
- 33% Work/Life Balance
- 30% Living Situation
- 34% Physical Appearance
- 23% Social Life

Factors that cause stress:

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

Ways Millennials de-stress:

- 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

Sleep problems: 70% wake up in the middle of the night due to stress.1

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

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

Overall, millennial women are more stressed out than millennial men (42% compared to 33%).3