INFOGRAPHIC 1

Stress Facts

FOMO (Fear Of Missing Out) is a common experience for many young Europeans, often driven by mindless scrolling others' highlight reels on social media. Here is your reminder to use FOMO as a reminder to celebrate your own unique journeys and wins.



Over 20% of European students report experiencing some form of bullying.

A 2019 UNICEF report found that body dissatisfaction is a significant risk factor for mental health problems among young people in Europe.

European students report higher levels of anxiety around schoolwork compared to the global average.



EMERGE YOUTH

Unlocking Potential, One Breath at a Time

The EMERGE Youth project aims to address these issues by equipping young Europeans with essential stress management skills that will help them navigate challenging situations and excel in their future careers.

Co-funded by the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

Project number: 2023-2-FR02-KA220-YOU-000175097

#EmergeYouth