INFOGRAPHIC 2

Survey Results

The survey of **383 young people from six European countries** found that most experience **moderate to high stress levels**.
Only 4% reported very low stress, highlighting a strong need for **preventive support and stress management resources**.



The **primary stress factors** are financial issues, job-related concerns, and academic pressures.

Participants reported that stress primarily led to **increased anxiety** (22%), **difficulty sleeping** (16%), and **difficulty concentrating** (15%).

Participants showed **strong interest in free stress management workshops**, with 31% "very likely" and 46% "somewhat likely" to attend.

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.

EMERGE YOUTH
Unlocking Potential, One Breath at a Time

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