



### Gen Z's Loneliness pandemic

Gen Z is going through a loneliness epidemic. This problem is driven by the digital world. Many people in this generation spend most of their time online. This includes communication friendships and even school, This has caused for a negative effect on the social skills of kids and teens.

### The Third space

The third place refers to the social surroundings that are separate from the two usual social environments of home ("first place") and the workplace or school ("second place"). Examples of third places include churches, cafes, community centres, public libraries, gyms, etc. Going to places like these can improve you mental health and take your mind off of things.

### Mental Health

mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community.

### Mental Health Tips

- Get enough good sleep
- Eat healthy
- Exercise
- Socialize in person
- Learn New Skills
- Establish a Routine
- Limit Screen Time
- limit social media exposure

# TIPS AND TRICKS

## NEXT STEPS

in order to make sure that we are less lonely, depressed, hurt, and complacent we must combat the negative coping strategies in our life. Many of the people in this generation look to their phone for support and love. While this may be a temporary coping strategy it is very similar to a drug as you have the satisfaction at the moment but you later feel worse than the start. Some examples of healthy coping strategies include, Sports, Exercise( jogging, weightlifting, sprinting Etc.), Cooking, Reading, Art(sketching, drawing, painting, and coloring.) These coping strategies are effective as you have something as a reward after. When using a phone as a substitute you are instead wasting time. In summary, phones are not horrible, but they are not an effective coping strategy, and do result in long term depression.

P.S., go to David Films on YouTube for some of the most interesting, suspenseful and entertaining films made by 8th Graders in Chesnut TAG!