



Gen Z and Mental Health –

The mental health of Generation Z, or Gen Z, has been a topic of increasing concern and discussion in recent years. Gen Z refers to individuals born roughly between the mid-1990s and early 2010s. Several factors contribute to the mental health challenges faced by this generation:

Technological Influence:

Gen Z grew up with widespread access to technology and the internet. While this has many benefits, it has also led to issues such as cyberbullying, social media addiction, and constant exposure to unrealistic standards of beauty and success. These factors can contribute to anxiety, depression, and low self-esteem.

Academic Pressure:

Gen Z faces significant academic pressure, driven by factors such as high-stakes testing, intense competition for college admissions and scholarships, and the pursuit of high grades. This pressure can lead to stress, burnout, and mental health issues like anxiety and depression.

Economic Uncertainty:

Many Gen Z individuals have witnessed economic instability, including the global financial crisis of 2008 and the ongoing challenges after Pandemic, of finding stable employment and affordable housing. These uncertainties can contribute to feelings of anxiety and financial stress.

Social and Political Climate:

Gen Z is growing up in a time of significant social and political change, including issues related to **climate change**, racial justice, and political polarization. These challenges can lead to feelings of frustration, hopelessness, and anxiety about the future.

Stigma and Accessibility:

Although mental health awareness has improved in recent years, stigma around seeking help still exists. Many Gen Z individuals face barriers in accessing mental health support, such as financial constraints, lack of available resources, or cultural and social barriers.



Gen Z and Money:

Gen Z's approach to money reflects a combination of pragmatism, digital fluency, and social consciousness. They prioritize financial stability, seek alternative income sources, leverage technology for financial management, and align their financial decisions with their values. Financial institutions, employers, and society at large need to adapt to meet the unique needs and aspirations of this generation. Gen Z's relationship with money is influenced by various factors, including economic conditions, technology, and changing social values. Here are some key aspects related to Gen Z and money:

1. Financial Consciousness: Gen Z tends to be financially conscious and aware of economic challenges. They have witnessed economic downturns, such as the global financial crisis, and are more likely to prioritize financial stability and security. Gen Z individuals are often mindful of their spending, seek value for money, and show interest in personal finance management.

2. Student Debt and Education Costs: Many Gen Z members face the burden of high student loan debt due to the rising costs of higher education. This debt can have long-term implications on their financial well-being, delaying major life milestones like homeownership or starting a family.

3. Gig Economy and Side Hustles: Gen Z has embraced the gig economy and side hustles. They are more likely to engage in freelance work, online businesses, and other non-traditional work arrangements. This is driven by a desire for flexibility, independence, and the ability to diversify income streams.

4. Tech-savvy Financial Management: Growing up in a digital era, Gen Z is comfortable using technology for financial management. They are more likely to adopt mobile banking, budgeting apps, and digital payment systems. Gen Z's familiarity with technology has also given rise to innovative financial technology (fintech) solutions catering to their specific needs.

5. Ethical and Sustainable Investing: Gen Z demonstrates a strong interest in ethical and sustainable investing. They often prioritize environmental and social issues, seeking investment opportunities aligned with their values. They are more likely to support companies with sustainable practices and advocate for corporate responsibility.

6. Financial Education and Independence: Gen Z values financial literacy and seeks information to make informed decisions. They actively engage in self-education through online resources, podcasts, and social media platforms. Gen Z's desire for financial independence and autonomy drives them to seek financial knowledge from various sources.

7. Entrepreneurship and Innovation: Gen Z displays a strong entrepreneurial spirit and an inclination towards innovation. They are more likely to start their own businesses, pursue creative endeavors, and seek unconventional career paths. This entrepreneurial mindset is influenced by a desire for financial independence and the ability to create meaningful work.



Gen Z and Climate Change:

Generation Z has emerged as a powerful force in the fight against climate change. This generation, born roughly between the mid-1990s and early 2010s, has grown up in an era marked by increasing awareness of environmental issues and the urgent need for action. Here are some key aspects of Gen Z's relationship with climate change:

- 1. Climate Activism:** Gen Z is actively engaged in climate activism and advocacy. Inspired by movements like Fridays for Future, led by Greta Thunberg, and global climate strikes, many young people have taken to the streets to demand immediate action on climate change. They organize protests, engage in online activism, and use social media to raise awareness about environmental issues.
- 2. Environmental Consciousness:** Gen Z exhibits a strong environmental consciousness and concern for the planet. They prioritize sustainable living, waste reduction, and renewable energy. Gen Z individuals often make environmentally conscious choices in their daily lives, such as reducing plastic use, supporting eco-friendly brands, and practicing energy conservation.
- 3. Intersectionality:** Gen Z recognizes the intersectionality of climate change with social justice issues. They understand that marginalized communities are disproportionately affected by the consequences of climate change, including increased natural disasters, food insecurity, and displacement. Gen Z activists emphasize the need for climate justice and advocate for inclusive solutions that address both environmental and social challenges.

4. Technology and Innovation: Gen Z leverages technology and innovation to address climate change. They embrace digital platforms and social media to spread awareness, share information, and connect with like-minded individuals. Gen Z is also enthusiastic about clean technologies, such as renewable energy, electric vehicles, and sustainable agriculture, and actively supports technological advancements in these areas.

5. Political Engagement: Gen Z is politically engaged and seeks to influence policy and decision-making related to climate change. They participate in elections, support politicians with strong environmental platforms, and hold policymakers accountable for their climate-related actions. Gen Z's collective voice has contributed to the rise of climate-conscious policies and commitments at local, national, and international levels.

6. Education and Knowledge Sharing: Gen Z values education and seeks to deepen their understanding of climate change. They actively seek out information, engage in self-education, and share knowledge within their communities. Gen Z individuals are often well-informed about the scientific basis of climate change, its impacts, and potential solutions.

7. Collaboration and Interconnectedness: Gen Z recognizes the need for global collaboration to address climate change effectively. They connect with other young activists worldwide, exchange ideas, and work together on initiatives and projects. Gen Z understands that climate change is a global issue that requires collective action and international cooperation.



Gen Z and Consumerism –

Engaging in conscious consumerism, including buying and selling pre-loved items, can have both positive and negative impacts on the mental health of Gen Z individuals. Here are some considerations:

Positive Impact:

1. Environmental Consciousness: Engaging in conscious consumerism aligns with Gen Z's environmental values and commitment to sustainability. By purchasing pre-loved items, they contribute to reducing waste and promoting the circular economy. This can foster a sense of fulfillment and purpose, as their actions align with their beliefs and contribute to positive environmental change.

2. Financial Well-being: Buying and selling pre-loved items can also have financial benefits. Gen Z individuals may save money by purchasing second-hand items at lower prices, allowing them to allocate their resources to other priorities. Similarly, selling pre-loved items can generate extra income and improve their financial stability, reducing financial stress.

3. Community Connection: Engaging in conscious consumerism can foster a sense of community and connection. Gen Z individuals often participate in online platforms or local communities dedicated to buying and selling pre-loved items. This provides opportunities for social interaction, networking, and building relationships with like-minded individuals, which can contribute to their overall well-being.

Negative Impact:

1. Comparison and Pressure: The prevalence of social media platforms and online marketplaces for pre-loved items can lead to comparison and pressure. Gen Z individuals may compare themselves to others based on the possessions they own or feel pressured to keep up with trends in sustainable fashion. This can potentially contribute to feelings of inadequacy, anxiety, or a fear of missing out.

2. Overconsumption and Impulsive Buying: While conscious consumerism aims to reduce consumption, there is a risk of overconsumption or impulsive buying when purchasing pre-loved items. Gen Z individuals might be tempted by low prices and the availability of a wide range of items, leading to unnecessary purchases and clutter. This can lead to feelings of regret, dissatisfaction, and overwhelm.

3. Perfectionism and Ethical Dilemmas: Gen Z individuals may experience ethical dilemmas when navigating conscious consumerism. They might feel pressured to make "perfect" purchasing decisions that align with their values, which can be challenging due to limited information or conflicting claims. This can contribute to decision paralysis, anxiety, or guilt if they perceive themselves falling short of their own high standards.

It's important to note that the impact on mental health varies among individuals, and not everyone will experience these challenges. Gen Z individuals can mitigate potential negative impacts by practicing self-awareness, setting boundaries, and prioritizing their well-being when engaging in conscious consumerism. They can also seek support from mental health professionals, engage in self-care practices, and maintain a balanced perspective on their relationship with possessions and sustainability.

When Gen Z individuals spend their money on a cause they are passionate about, it can have several positive impacts on their mental health:

1. Sense of Purpose and Empowerment: Supporting a cause they are passionate about through financial contributions can provide Gen Z individuals with a sense of purpose and empowerment. It allows them to actively contribute to positive change and make a tangible impact on issues they care deeply about. This sense of purpose can increase their overall life satisfaction and enhance their mental well-being.

2. Increased Self-Worth and Identity Formation: Aligning their spending with their values and passions can contribute to a sense of self-worth and strengthen their personal identity. By investing in causes they believe in, Gen Z individuals can reinforce their values, demonstrate their commitment, and feel a greater sense of authenticity. This alignment between their actions and values can enhance their self-esteem and foster a positive self-image.

3. Connection and Community Engagement: Spending money on a cause they are passionate about can foster a sense of connection and engagement with like-minded individuals. It provides opportunities to connect with communities, organizations, or social movements dedicated to the same cause. This sense of belonging and community support can provide a valuable support network and alleviate feelings of isolation or disconnection, thereby improving mental well-being.

4. Positive Emotional Impact: Supporting a cause they care about can evoke positive emotions such as joy, compassion, and satisfaction. Knowing that their financial contributions are making a difference can bring a sense of happiness and fulfillment. Engaging in acts of generosity and altruism has been shown to boost mood, increase positive emotions, and reduce symptoms of depression and anxiety.

5. Increased Awareness and Education: Spending money on a cause they are passionate about often involves learning more about the issue and becoming educated on related topics. This process of awareness and education can expand their knowledge, challenge assumptions, and promote personal growth. Being well-informed about the cause they support can increase their confidence in discussing and advocating for it, fostering a sense of competence and empowerment.

It's worth noting that while spending money on causes they care about can have positive impacts, it's important for Gen Z individuals to maintain a healthy balance in their financial choices. They should consider their own financial well-being and ensure that their spending aligns with their overall financial goals and responsibilities.



If Gen Z is aware that their pre-loved items are being used for a just cause or donated to a needy person instead of ending up in landfills or being recycled, it can have positive effects on their mental health in several ways:

1. Altruistic Satisfaction: Knowing that their pre-loved items are being used to help others in need can evoke feelings of altruistic satisfaction. Gen Z individuals may experience a sense of joy, fulfillment, and purpose, knowing that they are making a direct positive impact on someone's life. This can contribute to overall well-being and a sense of emotional fulfillment.

2. Reduced Environmental Guilt: Gen Z individuals are often environmentally conscious and concerned about their impact on the planet. By donating their pre-loved items instead of throwing them away, they can alleviate feelings of guilt or distress associated with contributing to landfill waste. This can provide a sense of relief and promote a positive mindset regarding their environmental actions.

3. Increased Social Connection: Donating pre-loved items to a just cause or to those in need can foster a sense of social connection. Gen Z individuals may feel more connected to their community, knowing that

their donations are directly benefiting others who may be less fortunate. This sense of connection and empathy can contribute to positive social relationships and a greater sense of belonging.

4. Personal Growth and Reflection: Donating pre-loved items can also encourage reflection and personal growth. It prompts individuals to consider the value of their possessions, practice gratitude, and cultivate a sense of detachment from material belongings. This process of self-reflection can contribute to personal development, mindfulness, and a greater focus on experiences and relationships rather than material possessions.

5. Contributing to a Circular Economy: By donating pre-loved items, Gen Z individuals actively participate in promoting a circular economy. They help extend the lifespan of goods, reduce waste, and minimize the consumption of new resources. Being part of a sustainable solution can enhance their sense of responsibility and contribute to a positive mindset regarding their role in creating a more sustainable future.

It's important to note that individual experiences may vary, and not everyone will have the same emotional response. However, being aware of the positive impact their pre-loved items have when donated to a just cause or those in need can enhance Gen Z's well-being, reinforce their values, and foster a sense of social and environmental responsibility.

Yes, if Gen Z individuals make money through trading or selling pre-loved items while also earning carbon credits, it can positively impact their mental health by providing them with a sense of purpose and contributing towards a global cause. Here's how it can influence their well-being:

1. Sense of Purpose and Impact: Earning money through sustainable practices and contributing to global causes, such as earning carbon credits, can give Gen Z individuals a sense of purpose and impact. They can feel empowered and motivated knowing that their actions are making a positive difference in addressing climate change and promoting environmental sustainability.

2. Alignment with Values: Gen Z tends to prioritize sustainability and environmental responsibility. When they make money through trading or selling pre-loved items and earning carbon credits, they align their financial pursuits with their values. This alignment enhances their sense of authenticity and strengthens their self-identity, leading to increased satisfaction and well-being.

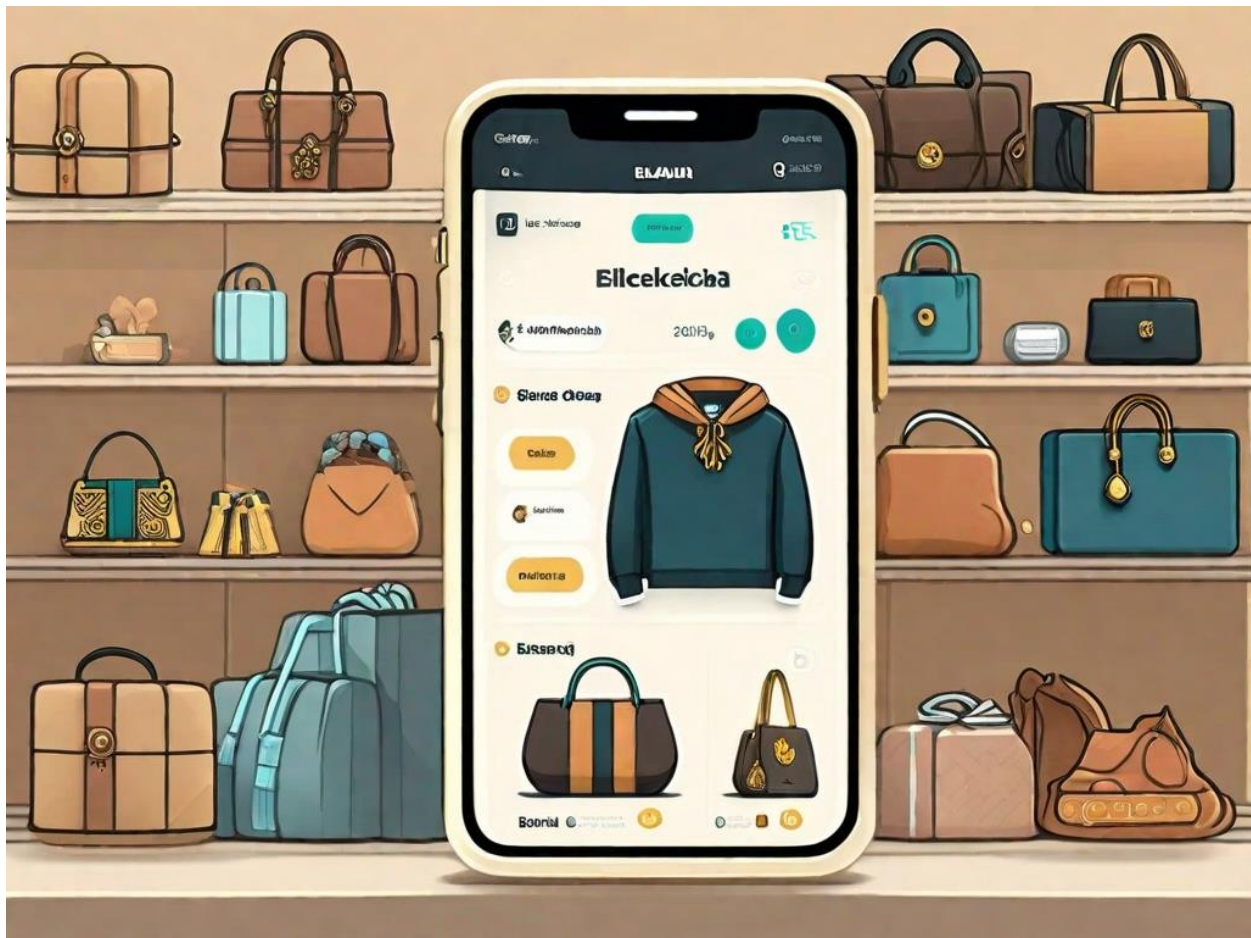
3. Personal Growth and Learning: Engaging in sustainable practices and earning carbon credits often requires learning and understanding environmental issues and solutions. Gen Z individuals can gain knowledge, develop new skills, and expand their understanding of sustainability. This process of personal growth and continuous learning can contribute to their mental well-being and self-confidence.

4. Financial Stability and Security: Making money through sustainable practices can provide Gen Z individuals with a sense of financial stability and security. Earning income from trading or selling pre-loved items and participating in carbon credit programs can be a way to diversify their income streams and build financial resilience. This financial stability can alleviate stress and anxiety related to financial matters, positively impacting their mental health.

5. Collaboration and Community Engagement: Engaging in sustainable practices often involves collaborating with like-minded individuals and organizations. Gen Z individuals can connect with

communities and networks dedicated to sustainability, exchange knowledge, and support each other in their pursuits. This sense of collaboration and community engagement fosters social connections, a sense of belonging, and overall well-being.

It's important to maintain a balanced approach and prioritize self-care even while engaging in sustainable practices and contributing towards a global cause. Gen Z individuals should ensure that their pursuit of financial success does not negatively impact their well-being or lead to excessive stress or burnout. Creating a healthy balance between financial goals, personal values, and self-care is crucial for sustaining positive mental health outcomes.



A blockchain marketplace can offer several advantages that make it more effective for a pre-loved items marketplace compared to traditional platforms. Here are some reasons why:

1. Trust and Transparency: Blockchain technology provides a decentralized and immutable ledger, enabling transparent and trustworthy transactions. Each transaction recorded on the blockchain is visible to all participants, reducing the risk of fraud or manipulation. This transparency builds trust among buyers and sellers in a pre-loved items marketplace, as they can verify the authenticity, condition, and history of the items being traded.

2. Authenticity Verification: Blockchain can be used to create unique digital identifiers or certificates for each pre-loved item. These identifiers can include detailed information about the item's origin, ownership history, condition, and any certifications. Buyers can easily verify the authenticity and legitimacy of the items before making a purchase, reducing the chances of counterfeit or misrepresented goods.

3. Ownership and Provenance Tracking: Blockchain can track the ownership history and provenance of pre-loved items throughout their lifecycle. Each transfer of ownership is recorded on the blockchain, creating a transparent chain of custody. This feature is especially valuable for high-value or rare items, as it provides buyers with confidence in the item's history and authenticity.

4. Smart Contracts and Escrow Services: Blockchain platforms can leverage smart contracts to automate and enforce the terms of transactions. Smart contracts can specify conditions such as payment terms, shipping requirements, and dispute resolution mechanisms. This reduces the need for intermediaries and streamlines the buying and selling process. Additionally, blockchain-based escrow services can hold funds in a secure and transparent manner until the buyer receives and approves the item, providing an added layer of trust and protection for both parties.

5. Tokenization and Fractional Ownership: Blockchain allows for the tokenization of assets, including pre-loved items. This enables fractional ownership, where multiple individuals can collectively own a share of an item. Tokenization can increase liquidity, enable easier trading of partial ownership, and open up investment opportunities for a broader range of buyers. It can also facilitate the creation of unique and tradable digital assets that represent ownership of physical pre-loved items.

6. Decentralization and Global Accessibility: Blockchain marketplaces are typically decentralized, meaning they operate on a peer-to-peer basis without a central authority. This decentralization allows for global accessibility, enabling buyers and sellers from different geographical locations to participate in the marketplace. This expanded reach can lead to a larger pool of potential buyers and sellers, enhancing the efficiency and effectiveness of the pre-loved items marketplace.

It's worth noting that while blockchain technology offers these advantages, the success of a pre-loved items marketplace also depends on factors such as user adoption, user experience, and the ability to attract a critical mass of buyers and sellers. Additionally, the implementation of blockchain technology should consider scalability, sustainability, and energy efficiency to ensure its long-term viability.

The positive points associated with a blockchain marketplace can benefit Gen Z's mental health in several ways:

1. Trust and Confidence: The transparency and immutability of blockchain transactions can help Gen Z individuals feel more confident and trusting when participating in a pre-loved items marketplace. They can have assurance that the information about the items, such as authenticity and ownership history, is accurate and reliable. This trust can reduce anxiety and uncertainty, leading to a more positive mental state.

2. Authenticity and Quality Assurance: Blockchain's ability to verify the authenticity and condition of pre-loved items can provide Gen Z buyers with a greater sense of security. They can make informed

purchasing decisions based on accurate and detailed information, avoiding the disappointment of receiving counterfeit or misrepresented goods. This assurance can contribute to a more positive shopping experience and reduce potential stress or frustration.

3. Empowerment and Ownership: Blockchain's use of smart contracts and tokenization can empower Gen Z individuals in the pre-loved items marketplace. They have greater control over their transactions, as smart contracts automatically enforce agreed-upon terms and conditions. Additionally, tokenization and fractional ownership can provide opportunities for Gen Z to invest in or co-own valuable items, fostering a sense of ownership, financial empowerment, and potential for future value appreciation.

4. Global Accessibility and Community Engagement: The decentralized nature of blockchain marketplaces enables global accessibility and connects Gen Z individuals with a broader community of buyers and sellers. Engaging with a diverse community can foster a sense of belonging, collaboration, and connection. Gen Z can share experiences, knowledge, and interests with like-minded individuals, which can enhance their social connections, reduce feelings of isolation, and positively impact their mental well-being.

5. Environmental Consciousness: Blockchain technology can also support Gen Z's environmental values and promote sustainable practices. By facilitating the trading and reuse of pre-loved items, blockchain marketplaces encourage circular economy principles and reduce waste. Gen Z individuals who prioritize sustainability can feel a sense of pride and purpose when participating in such marketplaces, contributing to a cleaner and more sustainable planet. This alignment with their values can enhance their mental well-being and overall satisfaction.

Overall, the transparency, trust, empowerment, and environmental consciousness facilitated by a blockchain marketplace can positively impact Gen Z's mental health. It allows them to engage in more secure, transparent, and sustainable transactions, fostering a sense of confidence, purpose, and connection within a community of like-minded individuals.

By Shubham Choudhary

IBDP II

Candor International School