

Stress and anxiety levels remain high for millennials and Gen Z

Deloitte's Global 2021 Millennial Survey shows that millennials and Gen Zs are experiencing high stress levels and many don't feel comfortable speaking with their employers about it. Employers must prioritize mental health and embed a workplace culture where stigma does not exist.

High stress levels continue, and women are experiencing higher levels

41% of millennials

46% of Gen Zs

shared that they feel **stressed or anxious** most or all of the time



54% of Gen Z women and 45% of millennial women

reported being **stressed all or most of the time**, compared to 39% of Gen Z men and 37% of millennial men

Despite more discussion about mental health during the pandemic, stigma at work endures

Nearly half of millennials and Gen Zs (48%)

report feeling **more stressed** since the start of the pandemic



49% of millennials

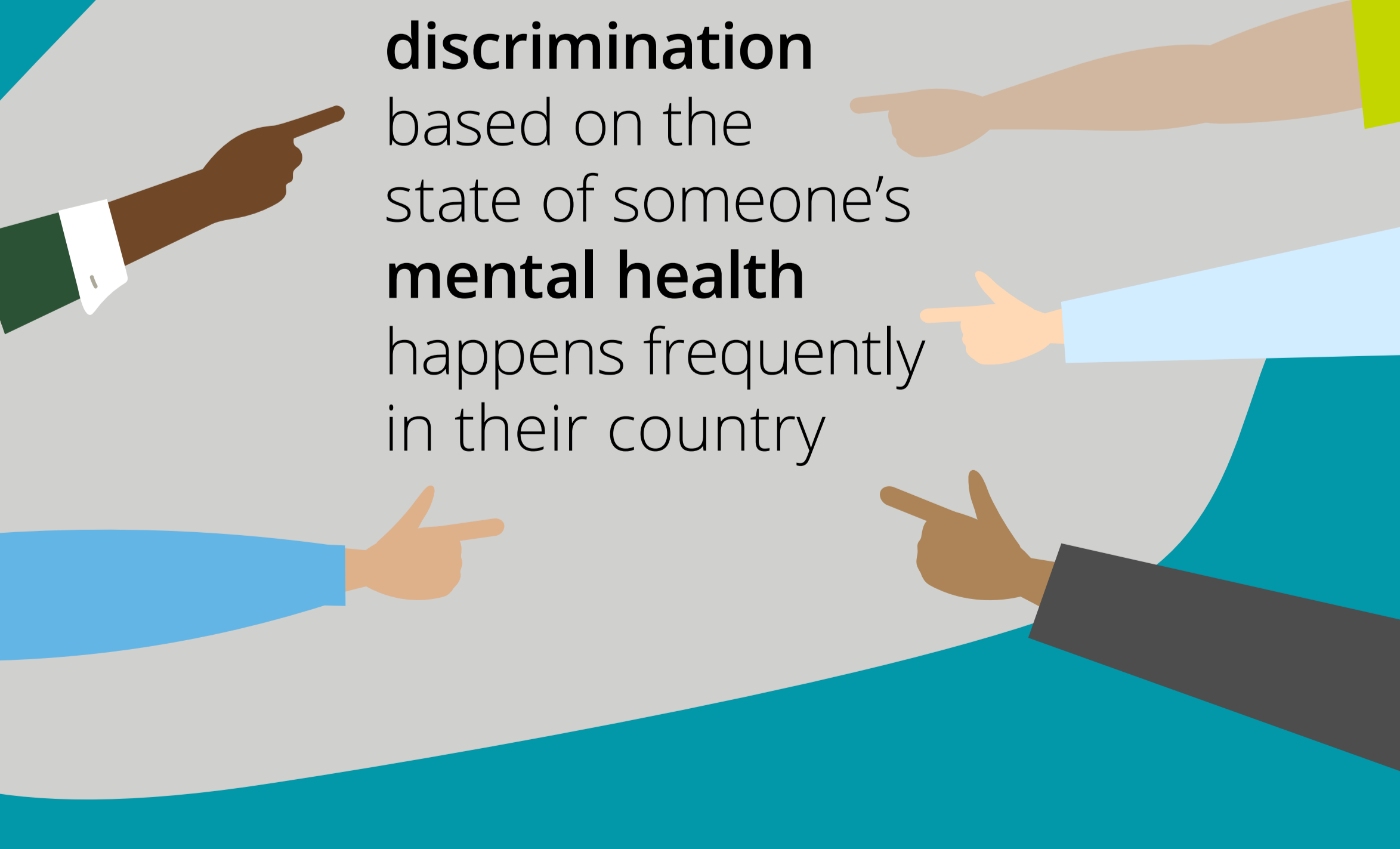
and 47% of Gen Zs

who have taken time off work for mental health reasons have given their employer a different reason for this absence



Half of millennials (50%) and Gen Zs (53%)

believe that **discrimination** based on the state of someone's **mental health** happens frequently in their country



This research has shown that there has never been a more pressing need for employers to make mental health at work a priority.