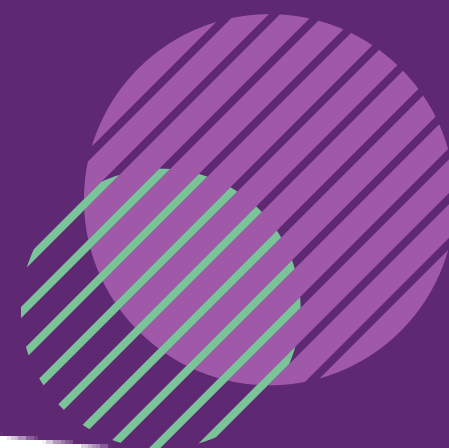


INFOGRAPHIC 1



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



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