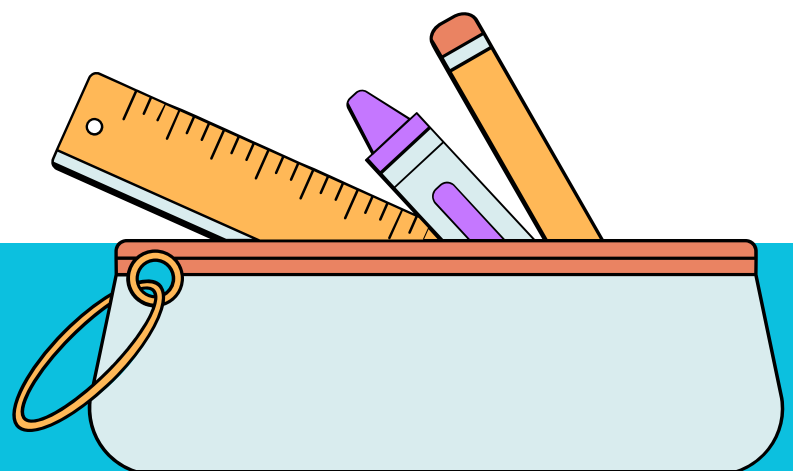


ARE YOU
REALLY AS
HAPPY

AS YOU THINK
YOU ARE?



IS SCHOOL
A PLACE
WHERE WE
FEEL
HAPPY?



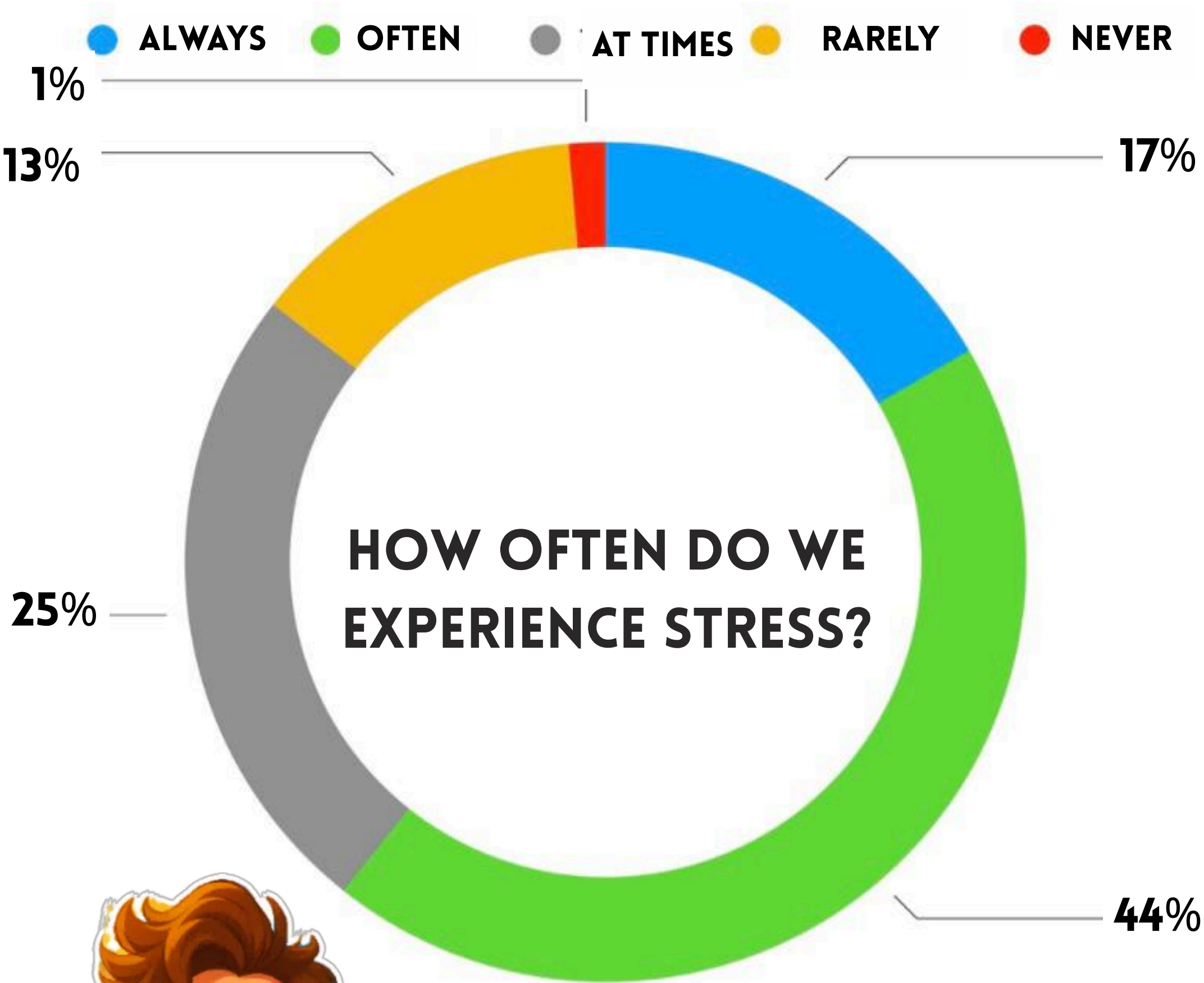
**IT'S NOT ALWAYS EASY
TO BE IN A POSITIVE
MOOD**

DIFFICULTIES

ANXIETY

STRESS

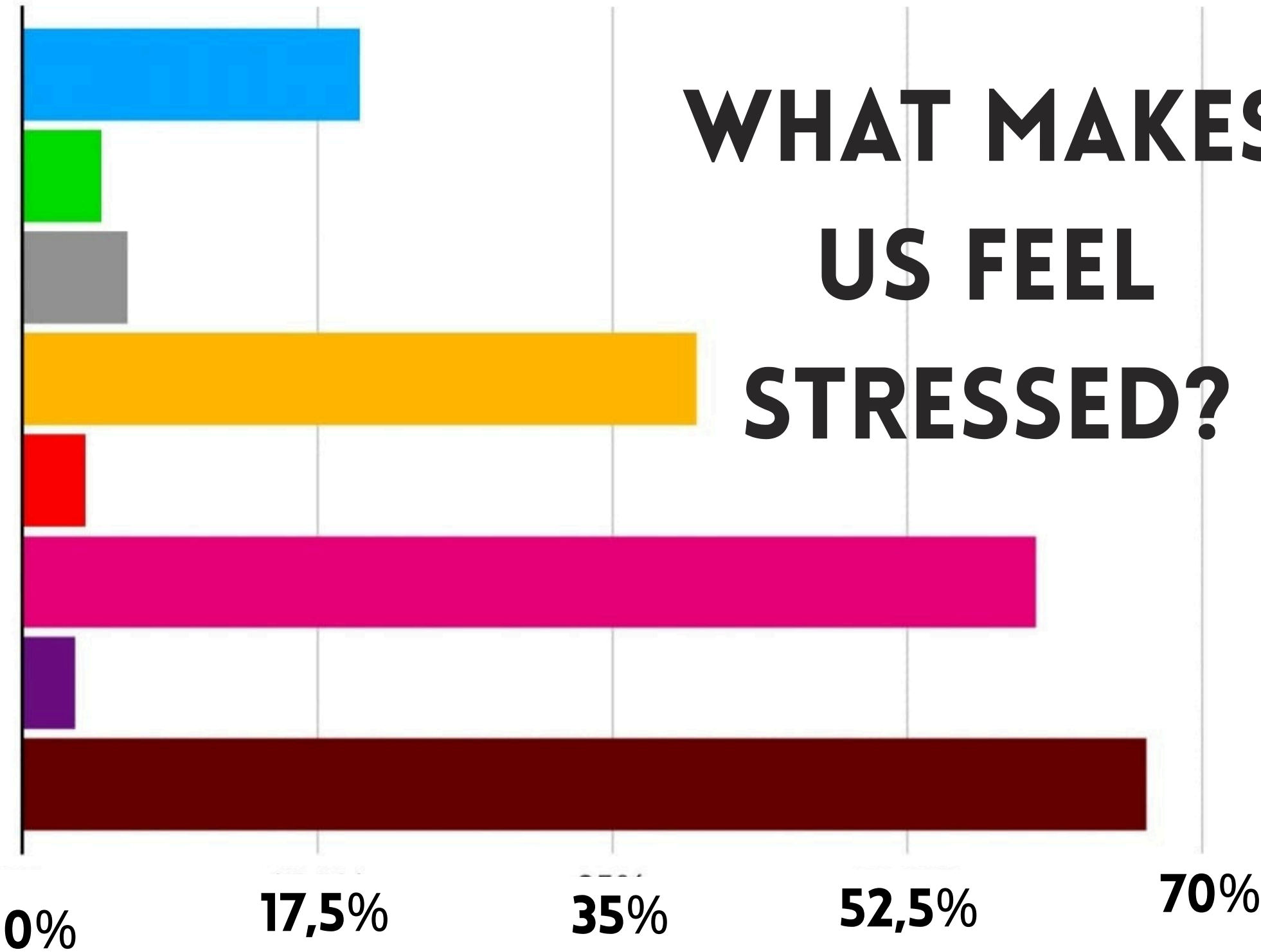




- RELATIONSHIP WITH MATES
- COMPETITIVITY
- TEACHERS
- GETTING A BAD MARK

- PEER'S JUDGMENT
- PERFORMANCE ANXIETY
- MARKS AND SCHOOL RESULT
- EXCESSIVE WORKLOAD AT HOME

WHAT MAKES
US FEEL
STRESSED?





**"THE TRUE EDUCATION IS WHAT REMAINS AFTER
ONE HAS FORGOTTEN EVERYTHING ONE
LEARNED IN SCHOOL."**

ALBERT EINSTEIN

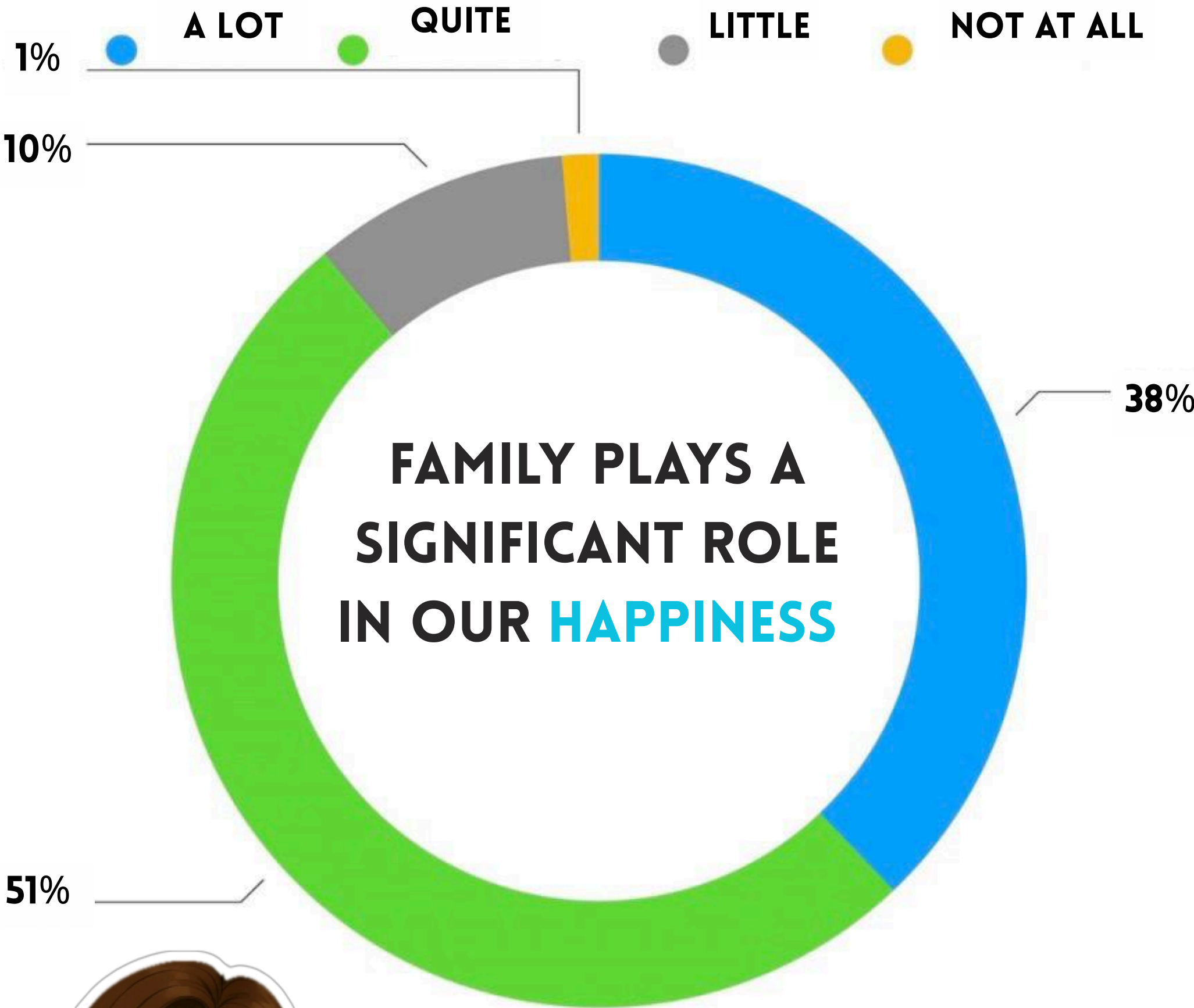


**GOING TO SCHOOL IS GREAT NOT
ONLY BECAUSE YOU LEARN NEW
THINGS, BUT ALSO BECAUSE YOU
MAKE **FRIENDSHIPS** THAT LASTS A
LIFETIME**



IS OUR **FAMILY** A SHELTER OR A SOURCE OF STRESS?





WHY? →

**YOUNG
PEOPLE NEED
SECURITY**

**THE FAMILY
TRANSMITS
BEHAVIOURAL
PATTERNS**

**THE FAMILY
ENVIRONMENT
INFLUENCES THE
DEVELOPMENT OF
ADOLESCENTS' BRAINS**

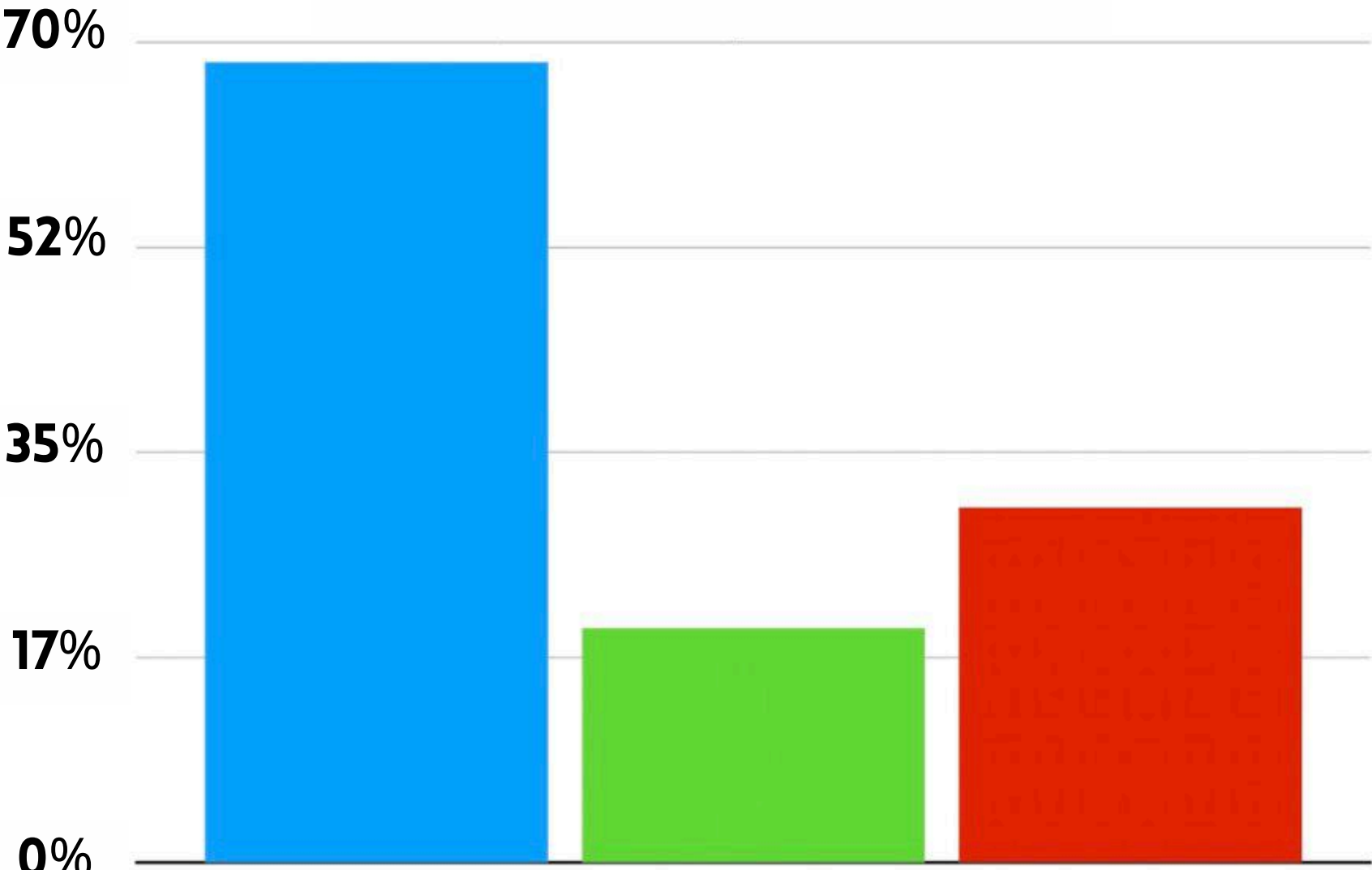
WHY?

**FEELING HEARD
HELPS SELF-
ESTEEM**

**STRONG FAMILY
BONDS PROMOTE
SATISFACTION IN
YOUNG PEOPLE'S
LIVES**

**PARENTS
HAD
EXPECTATIONS**

DID YOU KNOW THAT OUR PARENTS
HAVE THE GREATEST INFLUENCE ON
OUR HAPPINESS?



↓
**ALMOST 70% OF
YOUNG PEOPLE FEEL
SUPPORTED BY THEIR
PARENTS**



FOSTERING THE RELATIONSHIP WITH OUR PARENTS CAN MAKE A DIFFERENCE IN OUR **HAPPINESS!**



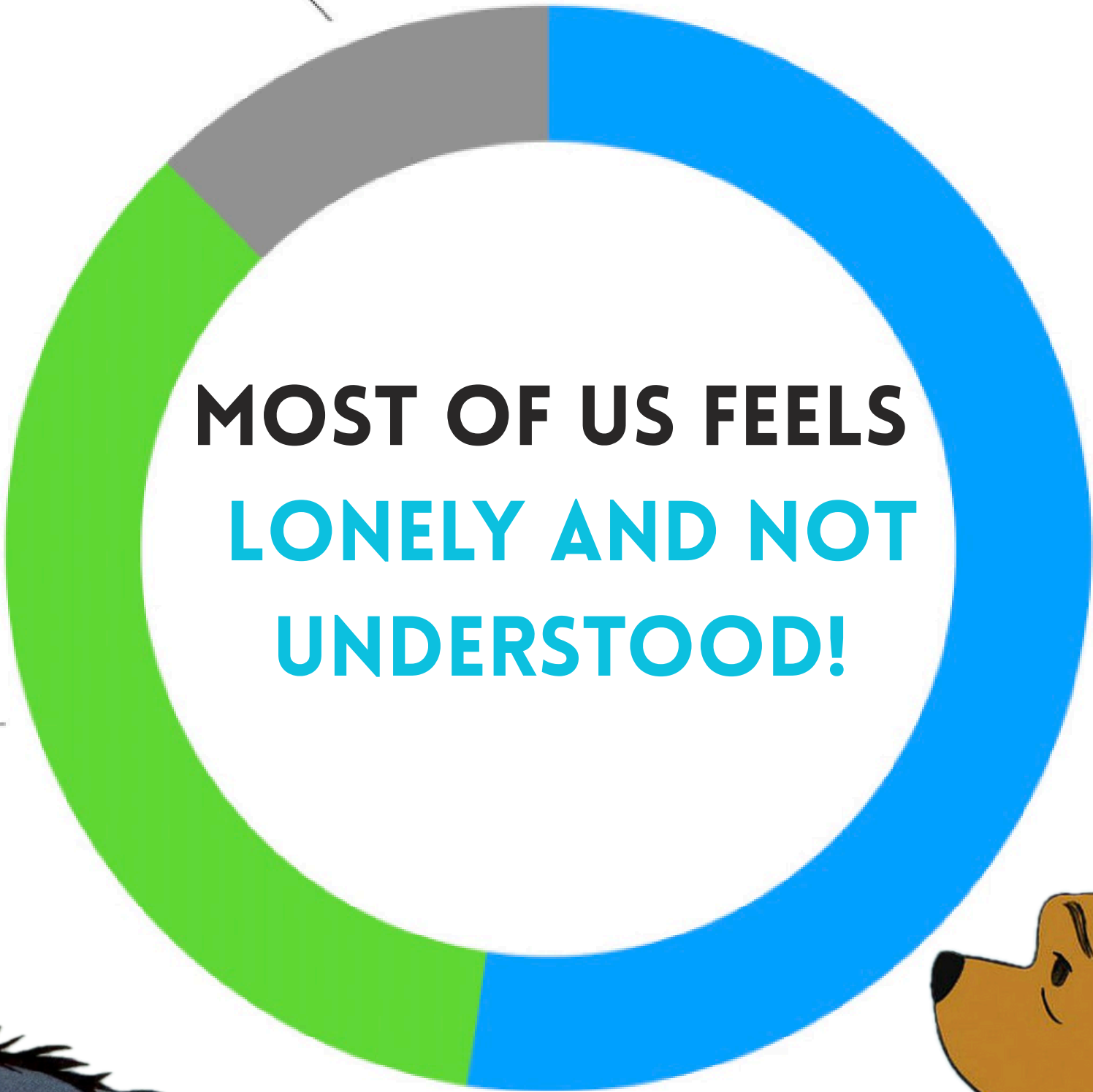
**DO YOU THINK THAT YOU CAN
RELY ON YOUR PARENTS?**

**HOW MANY TIMES
HAVE WE FELT
LIKE WE'RE
NOT ENOUGH?**



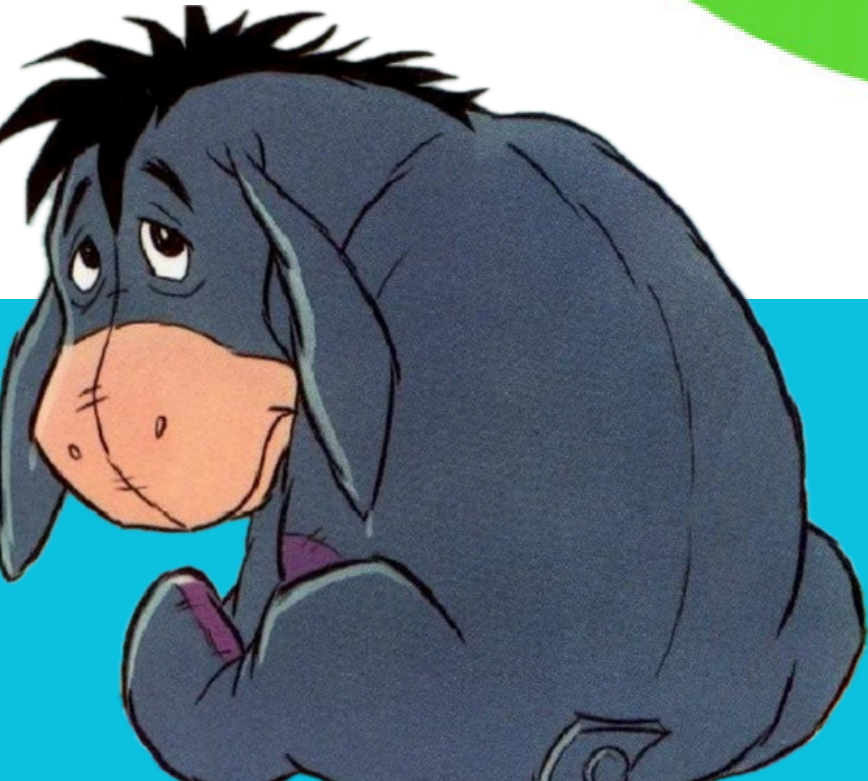
● YES, BUT RARELY ● YES, OFTEN ● NO, NEVER

12%



52%

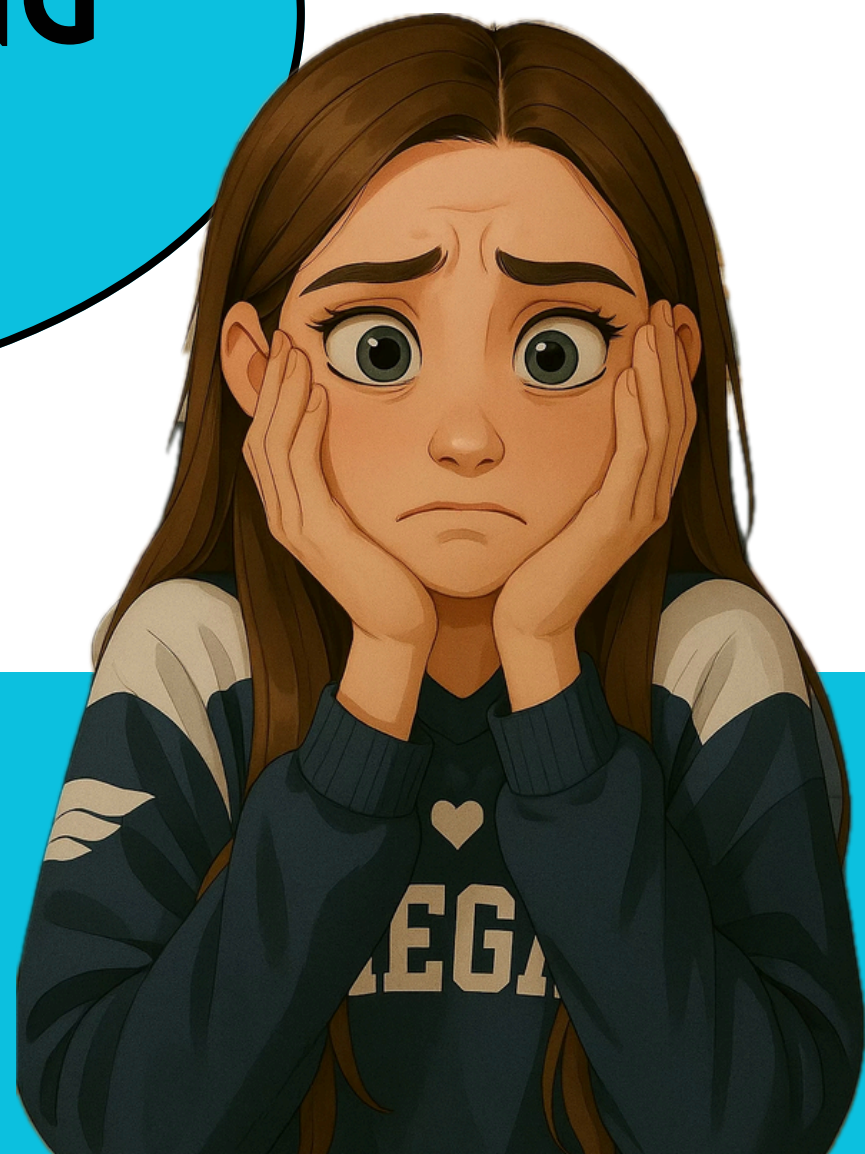
35%



**WHAT DOES
THIS LEADS
TO?**

PARANOIA

OVERTHINKING



- YES, I'VE HEARD ABOUT IT
- YES, I CONSTANTLY DO IT
- NO, I'VE GOT NO IDEA

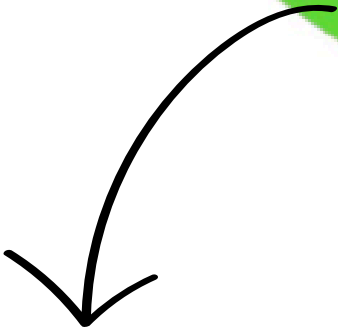
17%



DO YOU KNOW
WHAT
OVERTHINKING
IS?

46%

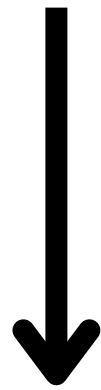
37%



37% OF US SUFFERS
CONSTANTLY OF IT



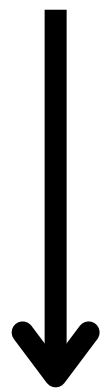
**WHAT'S THE MAIN CAUSE OF
OVERTHINKING?**



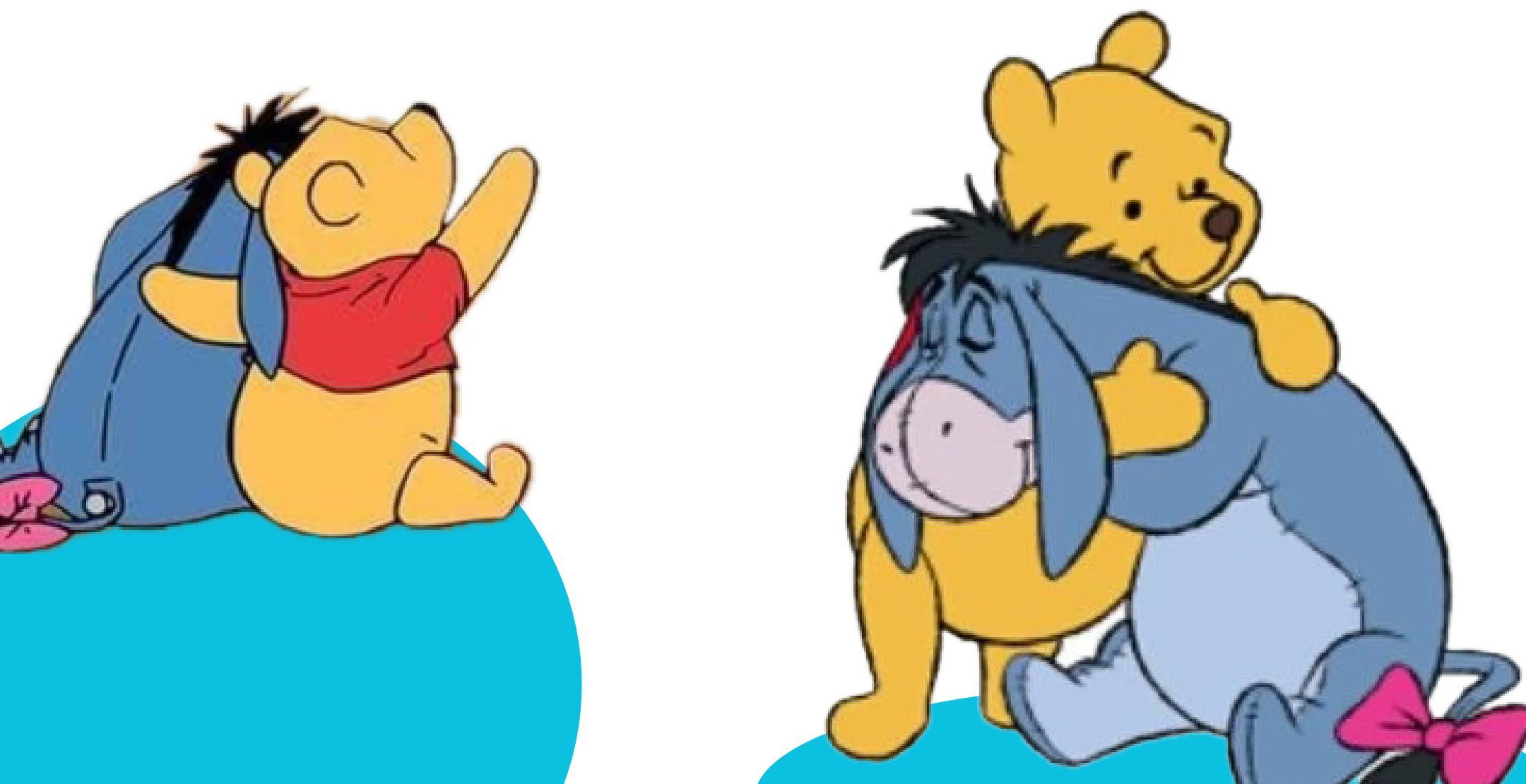
**OTHER PEOPLE'S
JUDGEMENT AND THE FEAR
OF NOT FITTING IN!**



WHAT CAN **HELP** US MAKE
US **FEEL BETTER**?



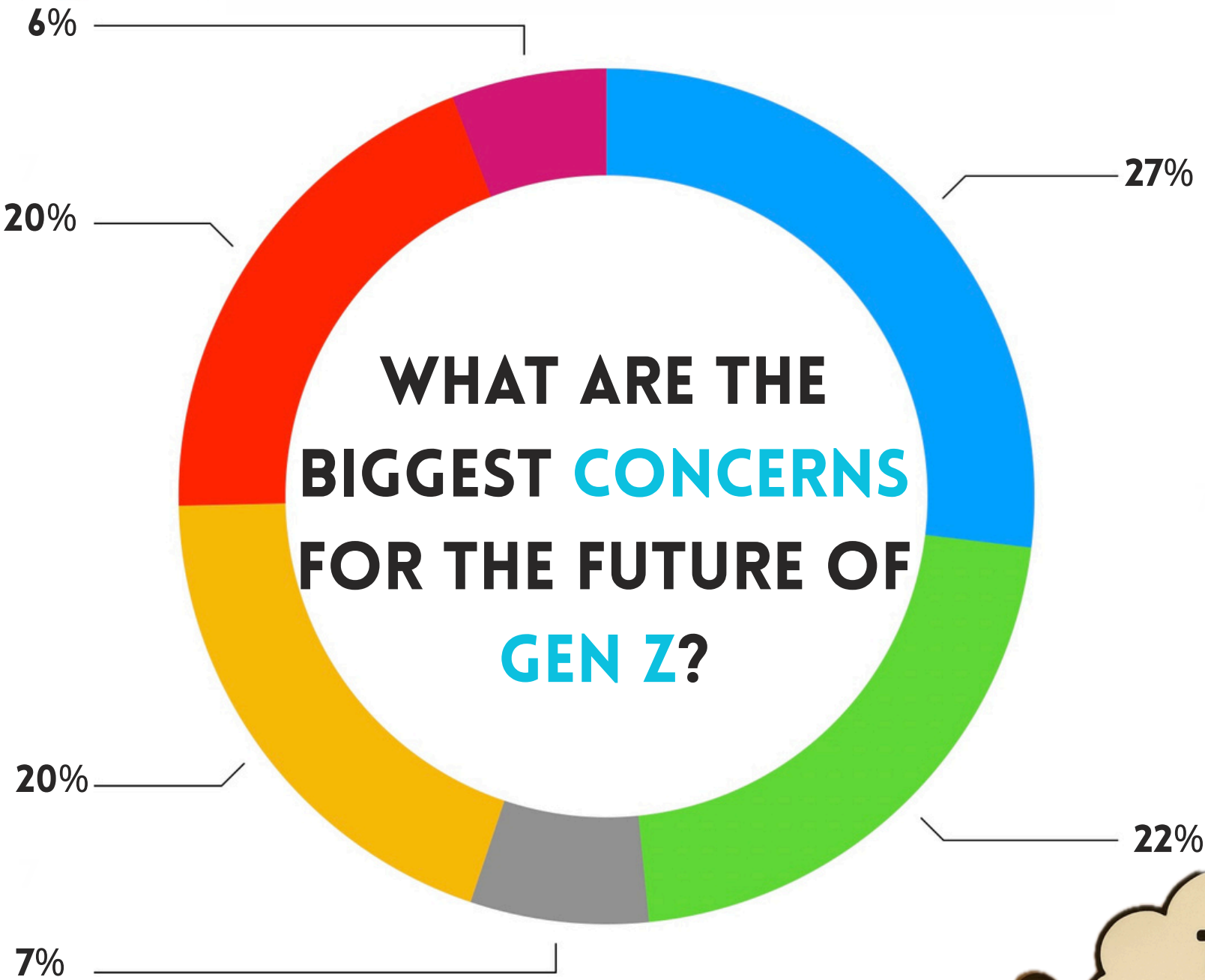
TALKING ABOUT IT WITH
SOMEONE WE TRUST AND
EXPRESS HOW WE FEEL



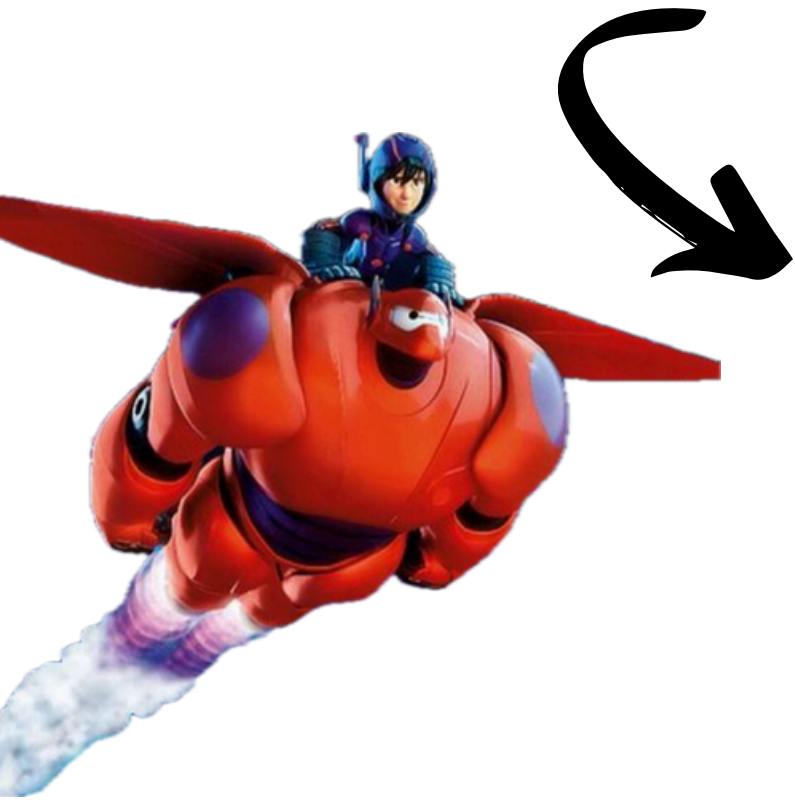
**IS FUTURE A
QUESTION MARK
FOR YOU TOO?**



- FINDING A STABLE JOB AND ECONOMIC WELL-BEING
- MENTAL HEALTH AND EMOTIONAL BALANCE
- SOCIAL EXPECTATIONS AND RELATIONSHIPS WITH OTHERS
- GROW A FAMILY
- SOCIAL AND ECONOMIC SUCCESS
- NOTHING

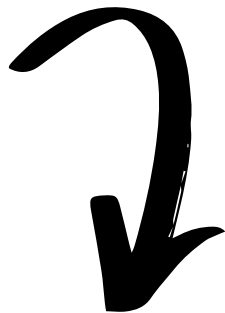


WE HAVE LOTS OF **IDEAS**, TALENT,
AND **DESIRE TO CHANGE**

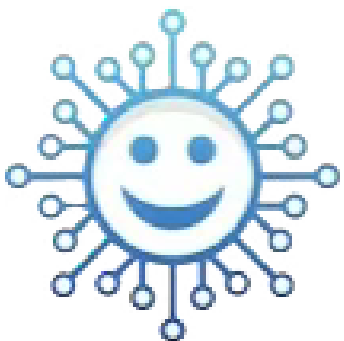


WE ARE THE MOST **CONNECTED**,
CREATIVE AND **AWARE GENERATION**
EVER

TURN YOUR **PASSIONS** INTO YOUR
FUTURE



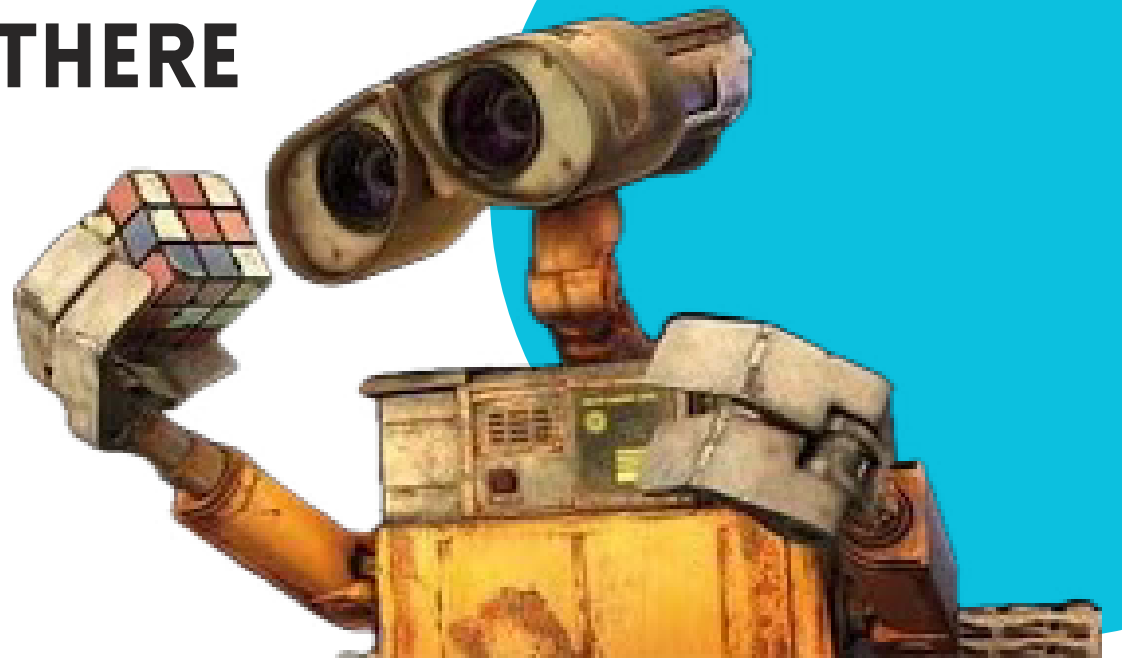
DON'T JUST **FOCUS** ON **MONEY**,
DO WHAT MAKES YOU **HAPPY**



**WE'RE NOT WAITING FOR THE FUTURE.
WE'RE ALREADY CREATING IT**



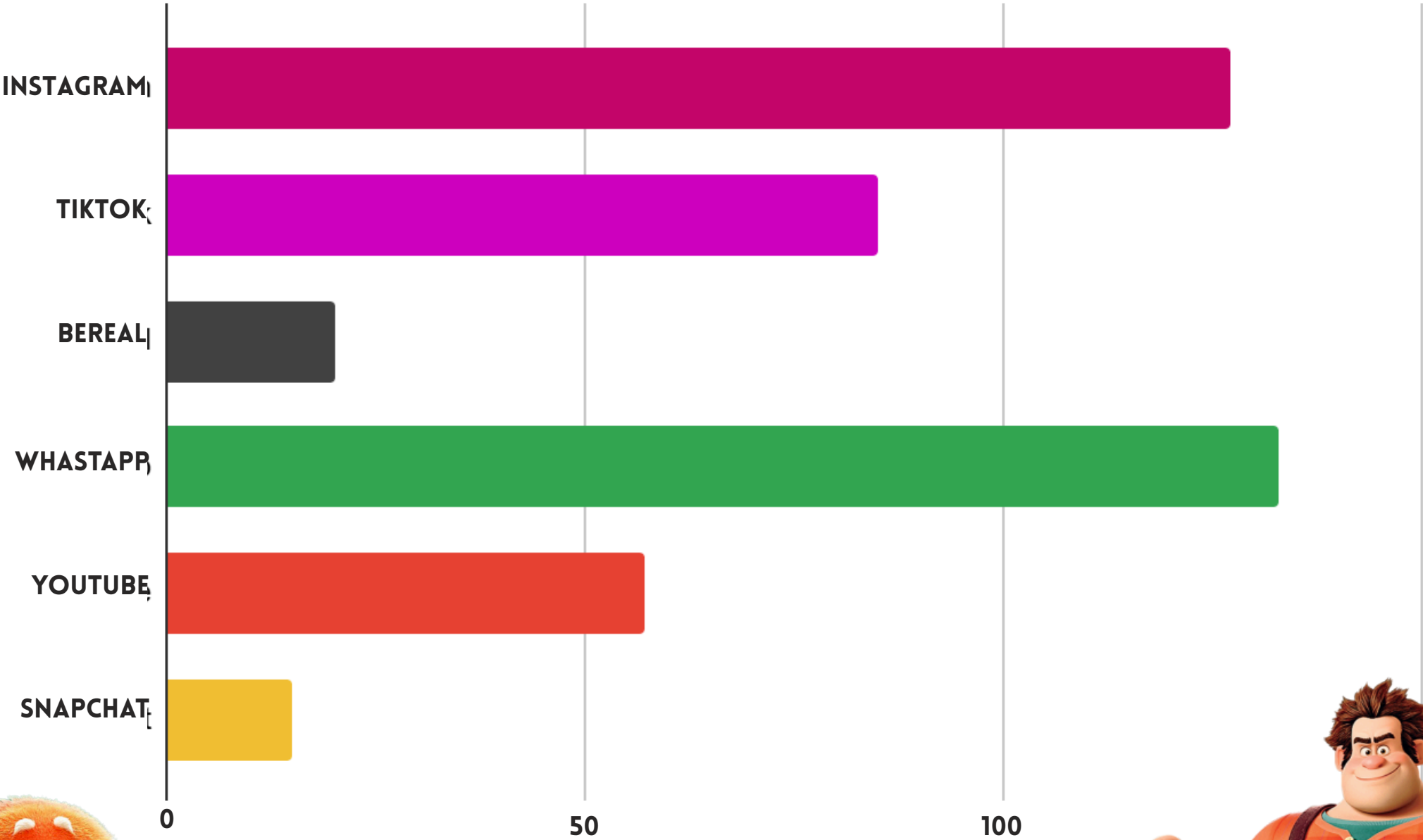
**WE HAVE DREAMS,
LET'S START FROM THERE**



**THE FUTURE SPEAKS OUR LANGUAGE,
EVEN IF IT SCARES US.**



NATIVELY
DIGITAL



WE'RE THE
MOST SOCIAL(Z)
GENERATION

Chiedeteci se siamo felici

Un rapporto del 2024 ha scoperto che la Gen Z è la generazione più infelice, ma che cos'è la felicità per i giovani di oggi?

DI [ELISABETTA MORO](#) PUBBLICATO: 20/03/2025

1 in 4 Gen Z employees are unhappy at work and 20% are considering quitting their jobs, study finds

Gen Z is the most unhappy generation ever

Years after the arrival of social media, science discovers its effects

5 Reasons Why 'Gen Z' Is Struggling In The Workplace—By A Psychologist

By [Mark Travers](#), Contributor. ⓘ Mark Travers writes about the world of psychology.

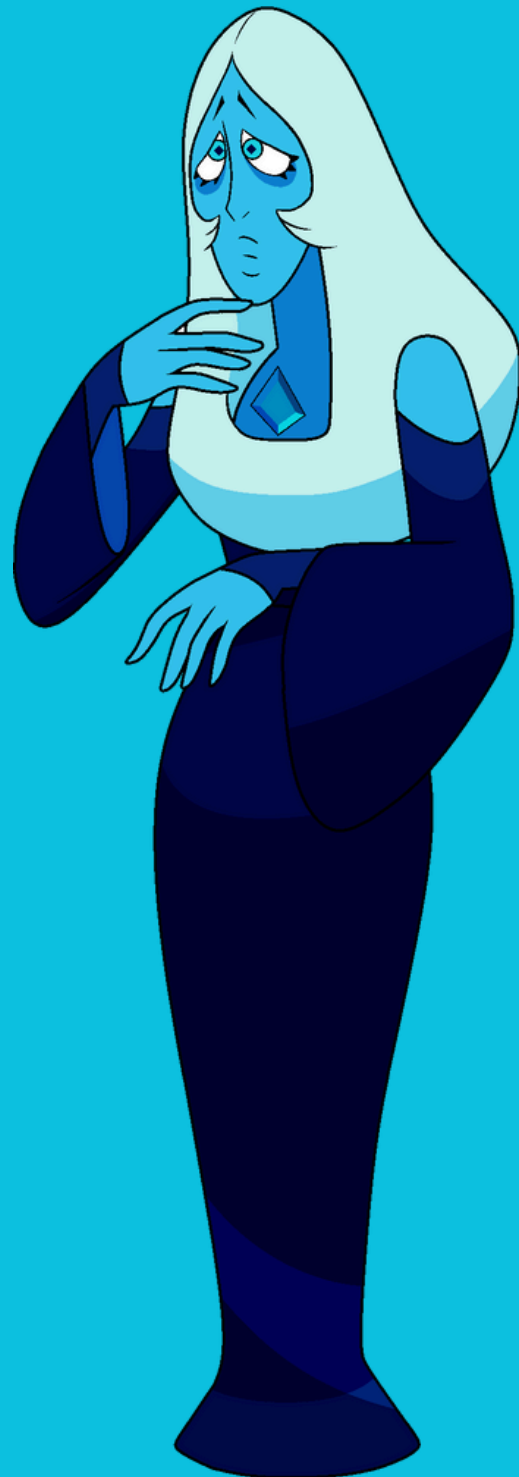
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Dec 26, 2024, 08:30am EST

Società

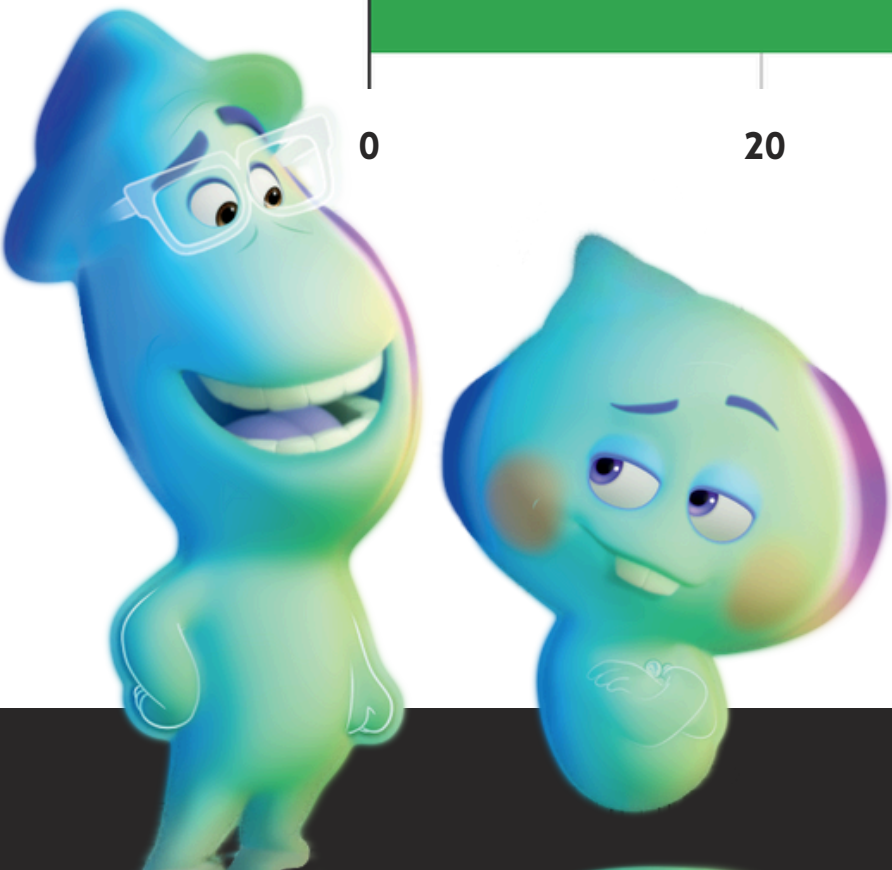
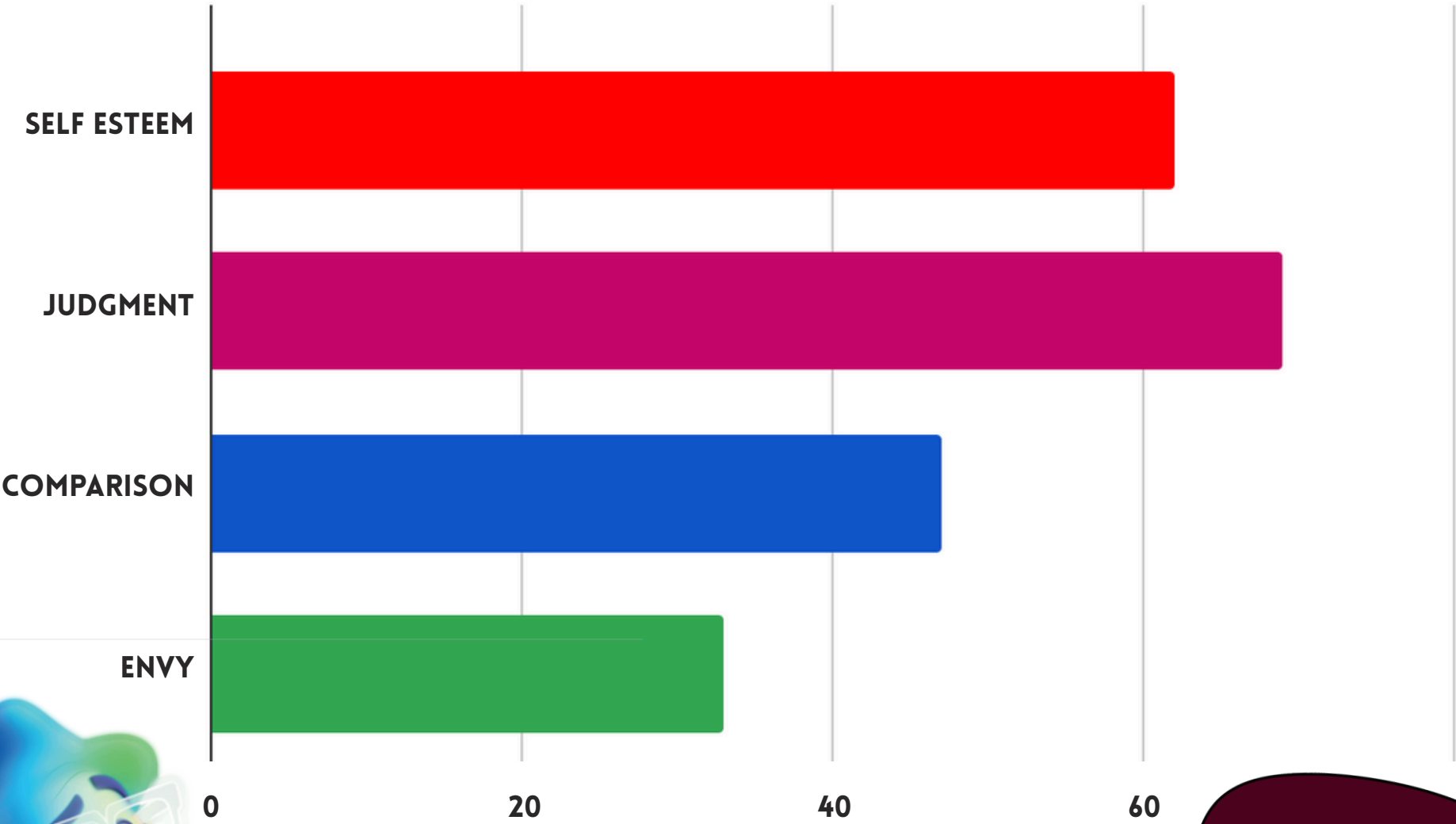
Il 20 marzo

Giornata mondiale della felicità, la "Gen Z" è quella più sola e infelice



WE ARE THE LEAST HAPPY GENERATION

WHY ARE WE SO UNHAPPY?





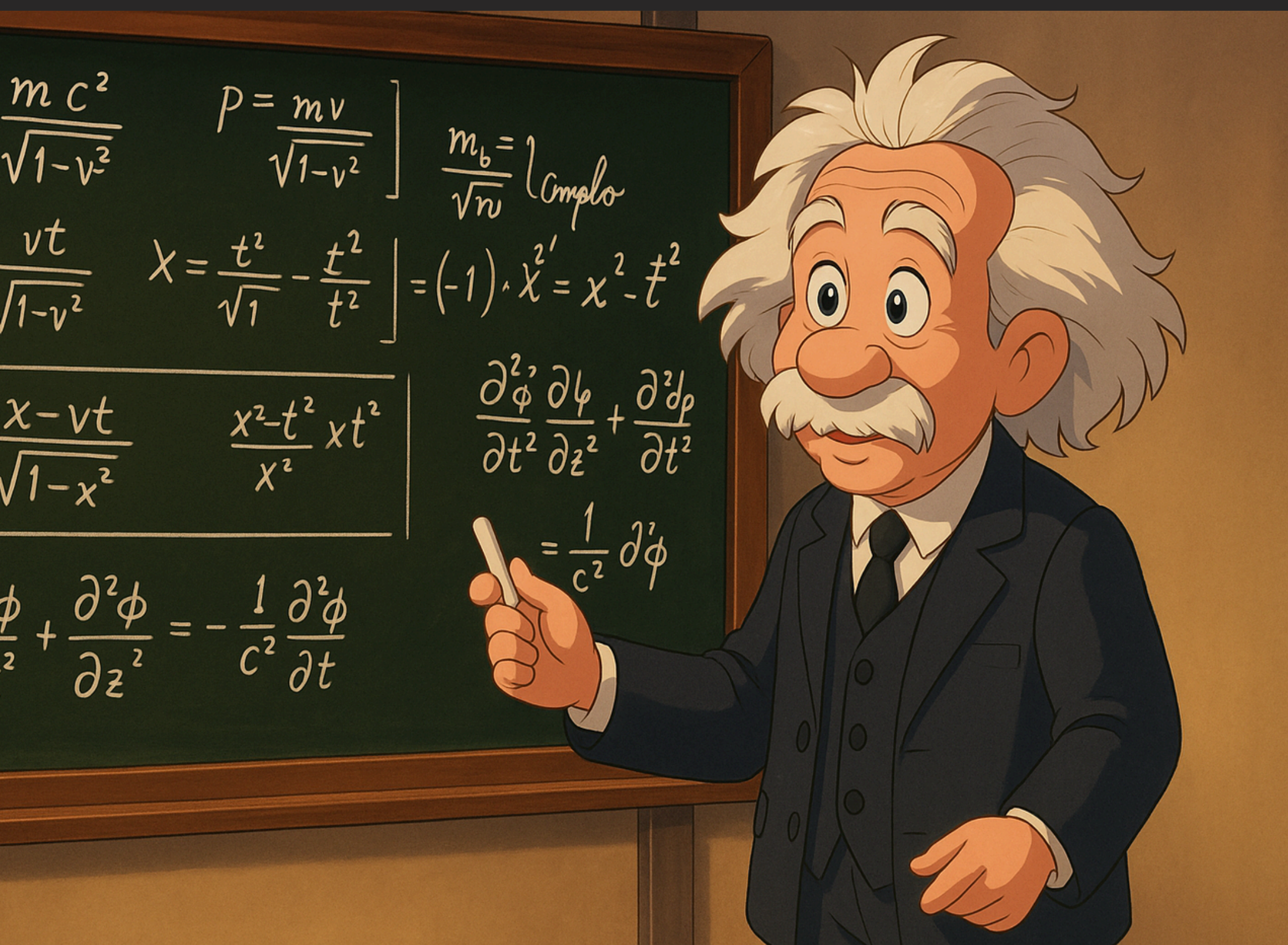
**"I WANTED TO BE A TOUGH
GUY WHO DOESN'T GIVE
ABOUT FUTURE"**

- LUCIO CORSI



EVER SEEN THIS FORMULA?

$$H = S + C + V$$





MARTIN SELIGMAN IN 2002
PROPOSED THIS FORMULA:

$$H = S + C + V$$

**HE BECAME POSITIVE
PSICOLOGY'S FATHER**

=

**SCIENTIFIC STUDY OF WHAT
MAKES INDIVIDUALS AND
COMMUNITIES GROW**



$$H = S + C + V$$

SETPOINT: 50% STARTING POINT
GENETICALLY INHERITED

SITUATION: 10% EXTERNAL FACTORS:
INCOME, HEALTH,
ENVIVORMENT



VOLUNTARY 40 % CIRCUMSTANCES
ACTIVITIES : AND THOUGHTS UNDER
OUR CONTROL

CAN YOU
CONTROL THEM?

