

The New State Of Mind Report

Findings from the nationwide campaign
on young people's mental health

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In January 2020, DoSomething.org and Blue Shield of California developed the campaign, New State of Mind. The campaign was designed to have young people share tips on how to combat stress in their lives. We started working with students in schools throughout California, and then by April, we would take the campaign national, having young people share their tips on DoSomething.org. We planned on collecting 25,000 tips from young people, and learning more about GenZ and how they handle their mental health.

But by March 2020, the coronavirus pandemic swept the nation, causing schools to close, and all of us were quarantined in our homes. Over the next few months, many fell sick, lost loved ones, and all of us felt uncertainty, stress, and anxiety, as we leaned into this new normal. By May 2020, the murder of George Floyd caused a wave of protests and a national reckoning with a history of systemic racism.

This campaign came at a time where young people really needed it. Yes, we had to pivot our strategy for working with young people in schools. But, in the end, we collected over 74,000 tips from young people across the country on how to combat stress themselves and how to help their family and friends.

The New State of Mind campaign ended in June 2020, and we have spent the past two months analyzing these tips for trends and learnings to share with adults who care about young people. As you read this guide, listen to what young people have to say. They are stressed, they are scared, they are sad. But, there is also a lot of hope. They share great advice on how to grapple with stress, and how to continue to move forward.

I personally have a lot of stress and anxiety around our country's future. But what gives me hope is the thousands of young people who shared their stories with us, and who came together as a community to help lift each other up during these unprecedented times. While we cannot ignore the events that occurred while this campaign took place, these tips can be utilized forever.

I am extremely inspired by this campaign. I hope you will be too.



Sahara Lake
Senior Manager, Community Impact
DoSomething.org

Campaign Highlights

48,533

young people signed-up to participate in this campaign.

74,129

tips and responses were submitted.

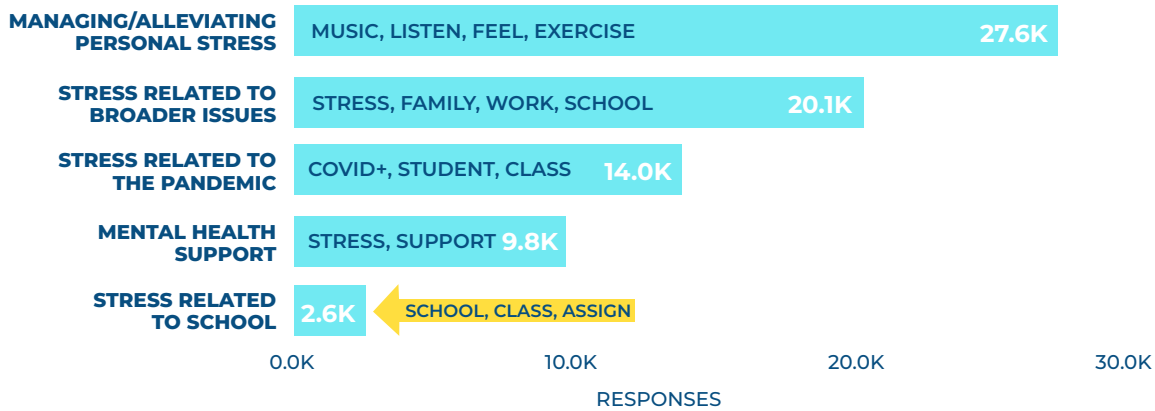
16%

of responses came from members in California.

- **Not surprisingly, COVID-19 and its impact on the future are top of mind to young people.** Across the prompt responses, young people are grappling with how to adapt with so much uncertainty -- both in the immediate and long term.
- **There is a lot of associated stress around school, online learning, and not being around other students.** Additionally, there is a great sense of loss that is present across the responses. Students have been thrown into a new academic environment while mourning the milestones they've worked towards, including sports seasons, performances, prom, and graduation.
- **Beyond concern for themselves, young people are worried about their loved ones.** While the other prompts generated more responses, the specificity and intention around support for family and friends noticeably stood out.
- **Despite the weight of the topics, sentiment generally skewed more neutral/positive across responses.** This tells us that young people are more often than not approaching these issues from a solutions-oriented angle.

PRIMARY TOPICS IDENTIFIED

Not surprisingly, the common topics align closely with the prompts we asked young people.



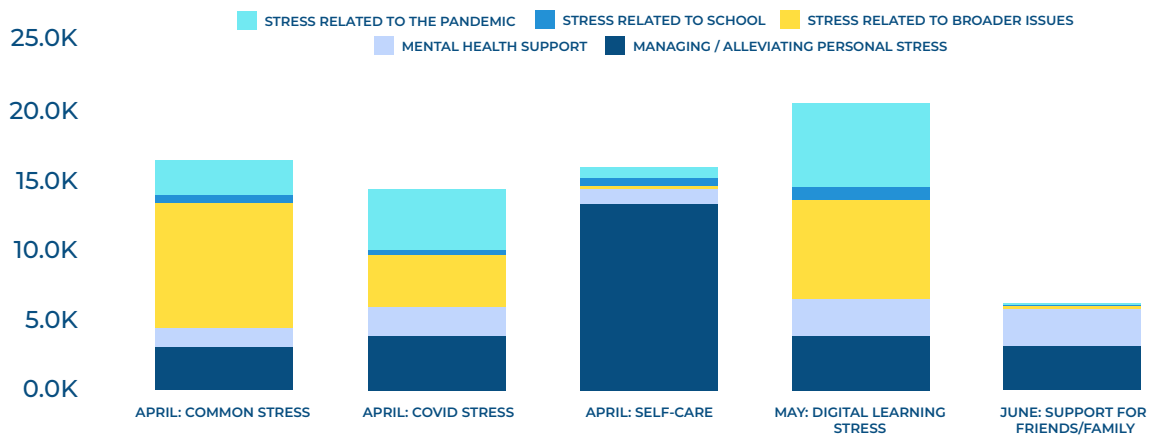
The primary words* driving the classification is contained within each bar

* the model outputs a weight/score for each word in a topic allowing us to identify what is driving the classification

Method: AWS Comprehend topic modeling - topics are identified by associated weights to words found in each topic grouping

PRIMARY TOPICS (CONT.)

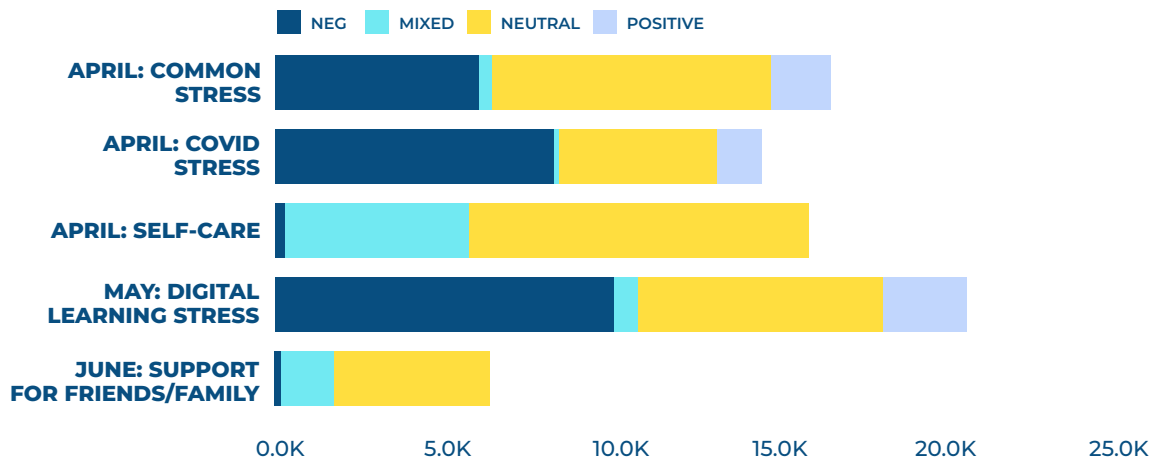
Notably, these themes do cut across the responses to each prompt.



Method: AWS Comprehend topic modeling

PRIMARY TOPICS (CONT.)

Notably, these themes do cut across the responses to each prompt.



Method: AWS Comprehend topic modeling

CALIFORNIA IN FOCUS

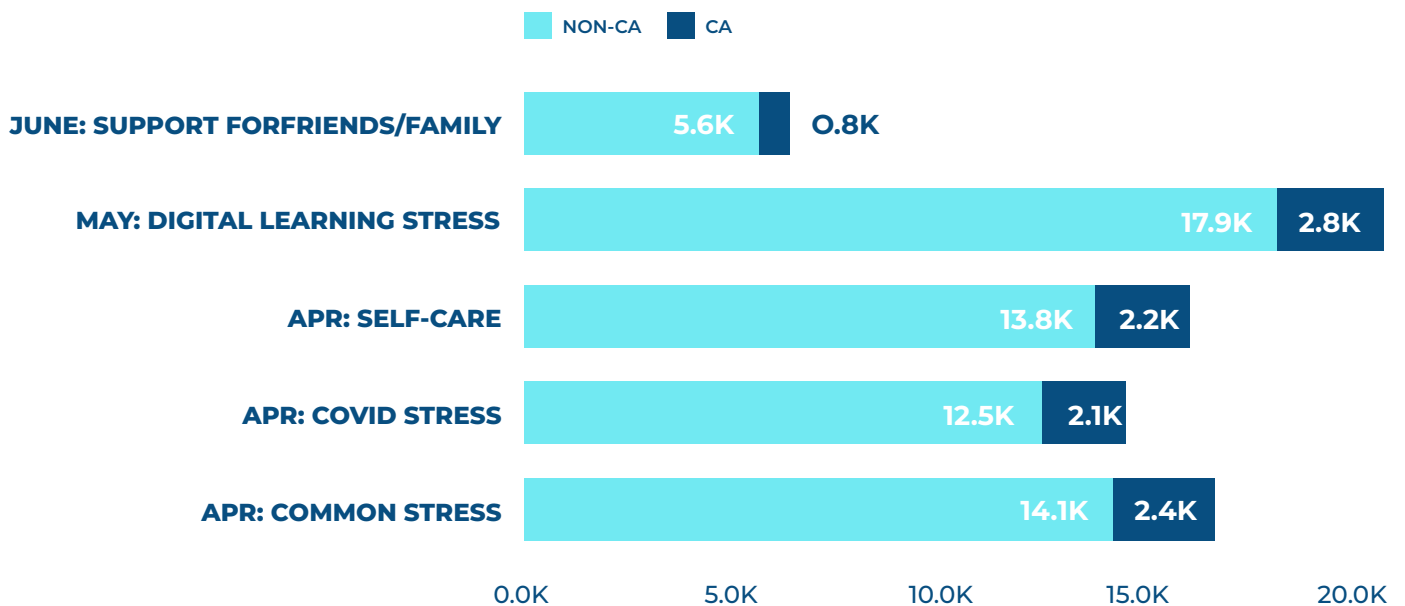


Phase 1 of the New State of Mind campaign sought to mobilize young people in California to promote mental health discussions in their communities. **Student ambassadors in 31 schools** engaged their peers with mental health activations related to self-esteem, gratitude, and support systems. In Phase 2 of New State of Mind, we scaled the messaging up to start these conversations about mental health and mental health resources nationally.

In gathering responses and tips from young people in Phase 2, we **over-indexed responses from California**, accounting for 16% of all responses. While this analysis focuses specifically on California, these findings generally **mirror the national responses** in terms of sentiment, topics, and primary themes.

RESPONSE OVERVIEW

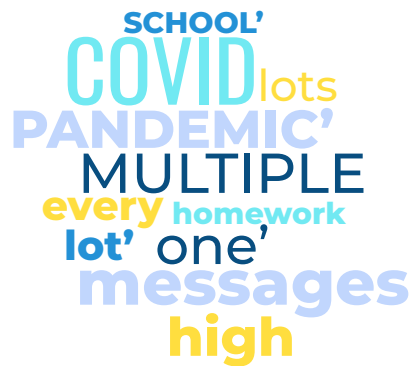
16% of campaign responses were from members in CA.



PROMPT #1:

WHAT IS SOMETHING THAT OFTEN STRESSES YOU OUT?

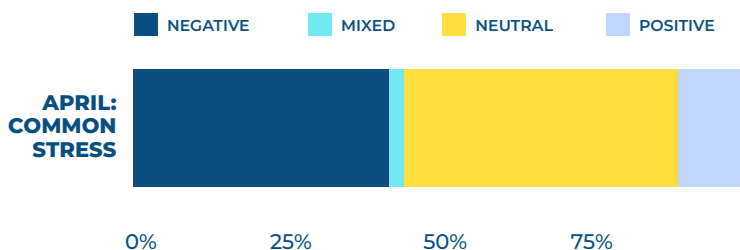
By April, coronavirus-related shutdowns were accelerating in the United States, and the responses we received in this prompt showed this **new reality sinking in** among young people. Even when asked about stress generally, the **public health crisis featured prominently** among young people's responses, with words like "COVID" and "pandemic" appearing frequently.



The top theme among responses was a feeling of **balancing priorities** (driven by words like "work", "school", "time", and "life"). As is often in the case even in a pre-COVID world, young people **aren't just dealing with a single stressor**. In fact, they're specifically feeling pressured by the way different aspects of their lives (financial, academic, familial, etc.) are compounding and competing during the pandemic.

Other primary themes showed how COVID-19 can magnify common stressors in new ways. **Stress over the future** now included heightened concerns about attending college as schools were closing and future finances ahead of a looming recession. **Family-related stress** like annoying siblings or overbearing parents were intensified by stay-at-home orders, and medically vulnerable relatives introduced a new kind of worry amid the crisis.

Sentiment



Primary Themes

- #1: **Balancing Priorities** (school, work, time, life)
- #2: **The Future** (college, stress, money)
- #3: **Family** (family, stress, annoying, siblings)
- #4: **General Pressure** (stress, often, pressure)
- #5: **School** (school, stress, grades)

IN THEIR OWN WORDS

Representative Statements on Common Stressors from Young People in California

“One thing that causes me stress is often being under pressure because I will always freak out over small things and overthink things. I would beat myself or be extremely disappointed with myself if I don’t achieve what needs to be done or if everything doesn’t go as planned.”

Rosa, 18

“Peer pressure, untidy things, and awkward silence.”

Jillian, 17

“Thinking about how expensive college is going to be.”

Thomas, 18

“Something that is currently stressing me out is how I am overeating!!! I stress about nothing and think about the worst scenarios and when I overthink I stress and eat!”

Giselle, 18

“Family issues at home, which are difficult to avoid because you’re at home every day.”

Sammy

“Something that often stresses me out is when I have to deal with fellow students and my teachers are very rude, hurtful, or stubborn. My teachers are not hurtful however, some of my fellow peers can be difficult.”

Meera

“I am often stressed about keeping up my grades at school, balancing my schedule and not falling behind on the material we learn in class.”

Neda, 18

“I am often stressed by being a student athlete. Reason being a lot is asked of me since I play football and will be playing at the Division 1 level. I take my academics and sports life very serious. During covid-19 the thing that stresses me is that I do not have football to help me escape from reality. When I feel stressed I like to listen to music or watch film to help me deal with my stress.”

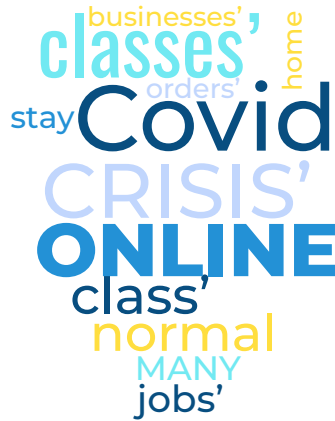
Eian, 20

PROMPT #2:

DURING THE COVID-19 PANDEMIC, WHAT IN PARTICULAR IS STRESSING YOU OUT?

When asked specifically about COVID-related stress, the prevalence of the word “**crisis**” signified the **intensity** with which young people were experiencing this moment.

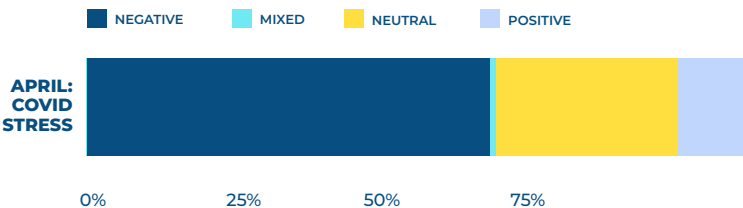
Already, the word “**online**” was appearing frequently in responses, reflecting the way that young people’s lives were **shifting to digital forms** of learning, working, and socializing in April (and the associated stress of this new normal).



Primary themes included remote learning, uncertainty surrounding COVID-19, financial concerns, family health, and social life. **Remote learning was the top stressor** among them, and is explored more closely in the following month’s prompt.

Notably, these sources of stress went **beyond the self** to family, friends, and society at large. While young people did express sadness regarding canceled personal milestones and plans, there was **also a broader concern** for the health of those most vulnerable to the virus, the financial future of the country, and the perceived inaction of those in power.

Sentiment



Primary Themes

- #1: **Remote Learning** (online, class, stress)
- #2: **Uncertainty from COVID** (stress, pandemic, future)
- #3: **Financial Concerns** (work, job, money, stress)
- #4: **Family Health** stress family get COVID
- #5: **Social Life** (friends, school, senior year)

IN THEIR OWN WORDS

Representative Statements on Common Stressors from Young People in California

“During this pandemic what is stressing me out is that I lost my job, my school converted to online and it’s hard for me to learn via this format, and my parents are over 65 so I am afraid for their health. My dad has cancer so I am especially afraid for his health.”

Nelly, 25

“Online classes are the biggest stress inducing activity. There is a struggle to retain information when looking at a screen compared to a person. There is an increase of distractions and it makes it difficult to concentrate.”

Karla, 18

“What has stressed me out during the pandemic has been my college decision and also the thoughts of how my senior year was basically canceled. It has been sad and stressful to think about how everything changed with this pandemic.”

Hazel, 18

“I am stressed out about the people who have no protection. Thinking about the people who live on the streets, who cannot afford to pay rent, or pay for their groceries stresses me out. It makes me frustrated that seemingly no one in power is doing anything to protect the unprotected. I frustrate myself thinking about this horrible situation.”

Jesse, 17

PROMPT #3:

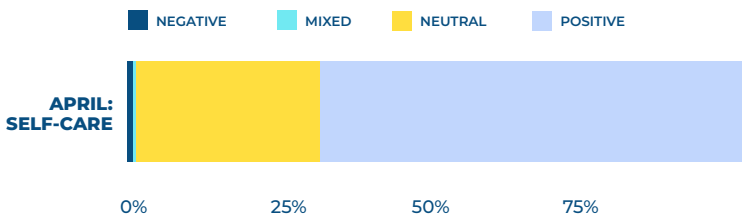
WHEN YOU'RE FEELING STRESSED OR ANXIOUS, WHAT IS ONE EFFECTIVE THING YOU DO FOR SELF-CARE?

While most prompts showed similar findings between California members' responses and those of the general population, this prompt generated **more movement-related** forms of self-care from the former. California responses prominently featured words like "biking," "sport," "mountain," and "hiking," whereas gen-pop responses leaned more towards general leisure.



When asked about self-care, the top two themes that emerged were **creative outlets and getting outside**, representative of the figurative and literal escapes that young people are seeking in an era of physical distancing. Music, general leisure, and virtual hangouts were other key themes.

Sentiment



Primary Themes

- #1: **Creative Outlets** (make, things, art)
- #2: **Getting Outside** (take, walk, outside)
- #3: **Music** (feel, music, listen, mind)
- #4: **General Leisure** (watch, play, go)
- #5: **Virtual Hangouts** (friends, distance, online)

IN THEIR OWN WORDS

Representative Statements on Common Stressors from Young People in California

“I do things that make me happy. For me, this includes baking, painting, working out, and making music.”

Julianne, 18

“I also take a break from work and relax, maybe bake or even do a face mask. Face masks always make me happy.”

Alanah, 18

“Drawing, watching TV, I tend to listen to music like lo-fi hip-hop, reggae, etc. I text my friends and that wonderful person which I’m dating. I feel relieved because they wouldn’t text me unless they care about me.”

Brandon, 24

“Something I do is reach out to a friend or my parents and let them know how I’m feeling. The best way for me to distress is just letting others know how I feel and allow them to help me through it.”

Jeffrey, 18

“I take a walk along the beach cliff, listen to my music, and reflect on the things I am grateful for while purposefully recognizing how beautiful nature is.”

Sav

PROMPT #4:

DIGITAL LEARNING IS IN FULL EFFECT. WHAT IS AN ISSUE THAT SEEMS TO STRESS OUT A LOT OF STUDENTS IN YOUR SCHOOL AT THIS TIME?

By May, most students had been participating in some form of remote learning for several weeks, yet it **remained a top stressor** among young people in more ways than one.

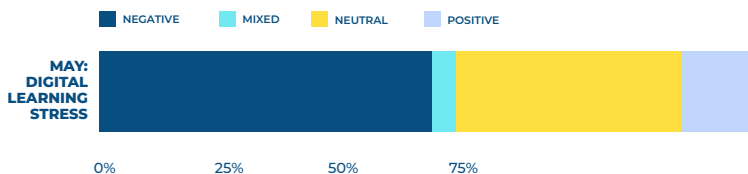
The top theme among responses was regarding education in a theoretical context (“learning” and “communication”) as opposed to the practical technology of remote learning (“online” and “video”). Those practical elements were still a primary theme in student stress, just lower in priority.

atmosphere'
upcoming
class'
college'
senior'
final
events'
other'

In line with the general stress expressed in the first prompt, young people’s responses revealed **balancing priorities** between school and other stressors, and they weighed heavily with **fear and uncertainty about their academic future**. Prominent words like “college,” “senior,” and “upcoming” suggest significant concern for life after graduation -- not just the current state of their education.

Ultimately, responses reflect the way that COVID-19 and digital learning exacerbate **challenges that already existed** in education. Issues like time management, communication with teachers, and senior year anxiety aren’t exclusive to this era, but they are made more difficult by physical distancing, school closures, and constantly shifting news and guidance.

Sentiment



Primary Themes

#1: Education

(learning, communication, teachers)

#2: Handling School & COVID

(manage, stress, school)

#3: The Future (stress, future, college)

#4: Social Distancing (time away, friends)

#5: Remote Learning (online, video, learning)

IN THEIR OWN WORDS

Representative Statements on Common Stressors from Young People in California

**“Grades, making college decisions, motivation and self discipline
I think it is especially difficult for seniors trying to move forward
with college plans, tuition dues, and housing commitments
not knowing what fall semester will look like.”**

Marea, 18

**“I believe a lot of students my age are struggling with the idea that
they aren’t going to get a prom, graduation ceremony, graduation
night, or even award ceremonies for their hard work. It is definitely
a bad year to be the class of 2020!”**

Cheyenne, 17

**“An issue that stresses a lot of students like myself at this terrible
time is not knowing what is going to change about daily life, planned
events, and also not knowing what to do to pass the time.”**

Oscar, 17

**“Stress about grades and participation points. It’s difficult
to fully get the learning experience that an in-person class gives.”**

Marian, 23

PROMPT #5:

WHAT'S ONE WAY YOU PLAN TO SUPPORT A FRIEND OR FAMILY MEMBER'S MENTAL HEALTH THIS SUMMER?

Perhaps because of its timing in June as states were first beginning to ease physical distancing guidelines, the responses to this prompt in particular show a **sense of hopefulness** amid personal and societal pressures.

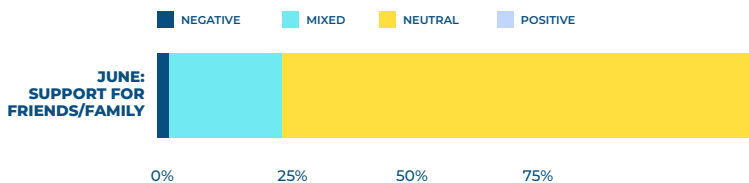
There were much more notable entities generated from this prompt than others, and its word cloud demonstrates how **highly specific and intentional** young people's responses were.



These responses also had the **most positive sentiment** of all prompts, skewing more positive than even those explaining methods of self-care. This suggests that young people have a real desire to help others (particularly their loved ones), and they're feeling **productive rather than burdened** by the task.

Though they varied so much more widely than other prompts, responses still shared themes of supporting family, making time, self-care, mental health, and virtual hangouts. Overall, the tips we received for supporting family and friends were some of the **most affirming and positive responses** from this campaign.

Sentiment



Primary Themes

- #1: **Supporting Family** (support, family)
- #2: **Making Time** (planning, time, family, friends)
- #3: **Self-care** (take, time, destress)
- #4: **Mental Health** (mental, health, time)
- #5: **Virtual Hangouts** (friends, call, make time)

IN THEIR OWN WORDS

Representative Statements on Common Stressors from Young People in California

“I plan to hug my family member every day so that they know that they have someone that they can count on and talk to whenever they feel the need to do so. I believe that hugs are a great way to offer comfort.”

Esperanza, 18

“Listening to one’s feelings and emotions is a great way to understand what others are going through. Concerns should be spoken out and not kept inside”

Giselle, 22

“I can talk to my friend every day and see how they are doing. I can also pray and hope they are well and go visit them and make them feel good I can also be their support system and listen to them when they need somebody to talk to. I will be available via text or call if any of my friends or family need to talk! And I will do my best to listen and support and give advice if appropriate and asked for.”

Ehlana, 23

“I plan to make sure that my family members are alright by playing games with them and having movie nights so that we can distract ourselves and have a good time.”

Kate, 15

“Zoom meeting are great! Making sure I stay connected with my family is important! Also, we have social distancing backyard BBQs. It is great; my family takes turns hosting dinner in each others backyards. No hugging, but great conversation!”

Joshua, 17

“I plan on doing online meditation sessions with my friends and yoga sessions to help clears our minds for the day :)”

Farnaz, 18

About DoSomething

DoSomething.org is the largest tech company exclusively for young people and social change. Our digital platform is activating millions of young people to create offline impact in every US area code and in 131 countries. DoSomething members have clothed half of America's youth in homeless shelters. They've cleaned up 3.7 million cigarette butts. They've run the world's largest youth-led sports equipment drive. And more! Young people have the power and the passion to transform their communities -- we help them get it done. Let's Do This.

About Blue Shield of California

Blue Shield of California, an independent member of the Blue Shield Association, is a nonprofit health plan dedicated to providing Californians with access to high-quality health care at an affordable price.

About the BlueSky Initiative

BlueSky supports mental health for middle- and high school students in California by providing additional mental health clinicians in schools, training teachers on the signs of mental health issues, and empowering students with in-person and online mental health support resources. In partnership with the California Department of Education and nonprofit organizations such as Wellness Together, National Alliance on Mental Illness California and DoSomething.org, the goal is to enhance access, advocacy and awareness to mental health resources.

THANK YOU!

Super special thanks to all of the following DoSomething members who helped contribute to the New State of Mind campaign. It (literally) wouldn't be possible without you all.

A'maya · Aadya · Aaliyah · Aaniah · Aarju · Abbey · Abbie · Abby · Abdoulaye · Abdul · Abe · Abi · Abida · Abigail · Abigayle
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Hollie · Holly · Hope · Hudson · Hugo · Humayra · Hunter · Hymon · l'keanna · Ian · Ibri · Idalia · Idalis · Ilee · Ileen · Iman
Imani · Imanii · Imanni · India · Indira · Indya · Ines · Inoah · Irais · Irene · Iriana · Irlina · Isa · Isaac · Isabel · Isabela
Isabella · Isabelle · Isaiah · Isela · Isha · Ishama · Isis · Israel · Itzel · Ivan · Ivey · Ivory · Ivy · Izabell · Izah · Izzy · İrem
J'aimani · Jacey · Jack · Jackie · Jackson · Jacky · Jaelyn · Jacob · Jacobren · Jacquelin · Jacqueline · Jacquelyn · Jacqui
Jada · Jade · Jaden · Jadi · Jadon · Jadyne · Jae'la · Jaelyne · Jaelynn · Jaida · Jailynn · Jaime · Jaimee · Jaisa · Jakayla
Jake · Jakiya · Jakiyah · Jalen · Jamal · Jamel · James · Jamesie · Jamiee · Janalyn · Janat · Janay · Jane · Janea · Janella
Janelle · Janiya · Janiyah · Jante' · Jaqlyn · Jaqueline · Jared · Jaritza · Jarod · Jarred · Jaselle · Jasmin · Jasmine · Jason
Javiair · Jayda · Jayla · Jayleen · Jaylen · Jaylin · Jaz · Jazmin · Jazmine · Jazmire · Jeena · Jeff · Jeffrey · Jeleny · Jemimah
Jeni · Jenna · Jennah · Jennfer · Jennie · Jennifer · Jenny · Jennyfer · Jensen · Jerel · Jeremiah · Jeremy · Jermie · Jermel
Jerome · Jerquarious · Jerreka · Jerry · Jerusha · Jeshua · Jesika · Jess · Jessa · Jessafye · Jessebell · Jessi · Jessica · Jesula
Jesus · Jeto-rivar · Jetoeye · Jevon · Jewel · Jhazmyne · Jhoanna · Jhojan · Jia · Jianuo · Jiaqi · Jilaine · Jillian · Jimell · Jimmy
Jo · Joana · Joanie · Joann · Joanna · Jocelyn · Joe · Johana · Johanna · John · Jolie · Jolly · Jon · Jonae · Jonathan
Jonnalina · Jordan · Jorden · Jordin · Jordyn · Jorge · Jose · Joseline · Joselyn · Joseph · Josephine · Josh · Joshlyn · Joshua
Josiah · Josias · Josselin · Josue · Jourdan · Journee · Jovannah · Jovy · Joy · Joyce · Joyous · Juan · Juana · Juanita · Judy
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Justice · Justin · Justina · Justine · Jzhanece · K'leigh · Ka'tell · Kacey · Kacie · Kadarius · Kaden · Kaela · Kahmala · Kai-ling
Kaile · Kailey · Kailyn · Kaitlin · Kaitlyn · Kaitlynd · Kaiyah · Kalee · Kalei · Kaley · Kali · Kameron · Kamila · Kamran · Kanae
Kanhai · Kantomalala · Kaosiso · Kapri · Kara · Kareen · Karelis · Karen · Karena · Kari · Karina · Karionna · Karisma · Karla
Karlee · Karleigh · Karly · Karrina · Kasandra · Kasey · Kashia · Kasima · Kassandra · Kassidy · Kat · Kate · Katelyn · Katelynn
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