

Volume 6, Issue 7
April, 2024

Articles:

Why Gen Zers are growing up sober curious



Seven Gen-z travel trends that are transforming the hospitality industry



Is Generation Z drinking less?



Substance Misuse Prevention: A Collection of Readings

Wellness is Trending for Gen Z



<https://simsfinnchiropractic.com.au/wp-content/uploads/man-meditating-after-hike-body-sensing-meditation-mountain.jpg>

What are Gen Z's health-related attitudes, beliefs, values, and behaviors?

According to recent studies, Gen Zers seem to have a holistic view of health. More than ever, this generation is talking about how factors such as social and emotional wellness, sleep, and stress can affect physical wellness. In 2018, Gen Z accounted for 38% of gym sign ups globally. Additionally, binge drinking has leveled off for college-aged Gen Zers (Let's Talk Public Health, 2020). Another concept that is trending among this generation is "wellness tourism" (Pressreader, 2023). This trend uses travel as a way to improve mental and physical well-being. This concept recognizes the therapeutic benefits of travel. Travel therapy can include physical activities like hiking or yoga and often involve nature-centric destinations for their calming effects.



<https://ichef.bbci.co.uk/images/ic/1376xn/p0d1dc9p.jpg.webp>

Wellness activity ideas to do on your own or with friends:

Try new recipes

Go for a walk

Hike a local trail

Go to the beach

Participate in a group yoga or fitness class

Journal

Listen to music

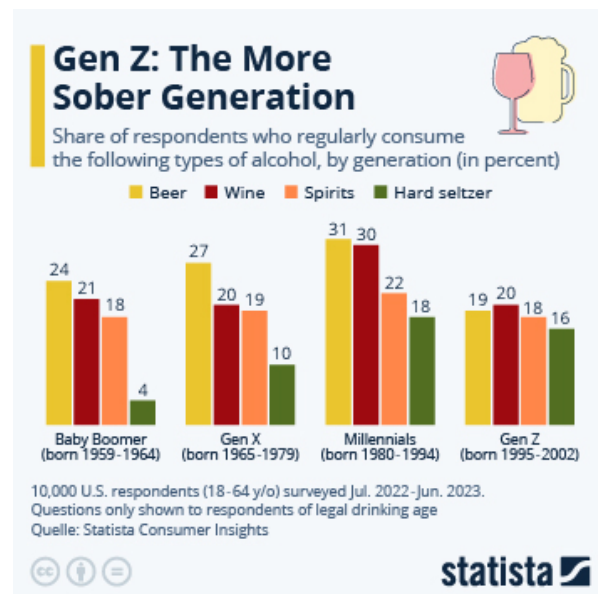
Join a book club

Try learning a new hobby:

- Painting, baking, pottery, rock climbing, crocheting, surfing, etc.

**“Gen Z overall is drinking less than the generations before it”
(Business Insider, 2018)**

Studies have shown that college-aged individuals are drinking over 20% less per capita than millennials did at the same age. Additionally, 64% of Gen Z participants reported that they expected to drink alcohol less frequently than today’s older generations do. Reasons that participants gave for not drinking include health and hangover-related concerns as well as worries about being judged by parents or friends.



Looking for new fun things to do on campus that promote student health and wellness? Try the Recover Oriented Campus Center (ROCC)!



For comments on this newsletter or suggestions for future articles please contact: Diane Geyer LCPC, LADC, CCS, NCC~ Director of Training or Mary Furlong, Graduate Assistant~ Email: diane.geyer@maine.edu or mary.furlong@maine.edu