

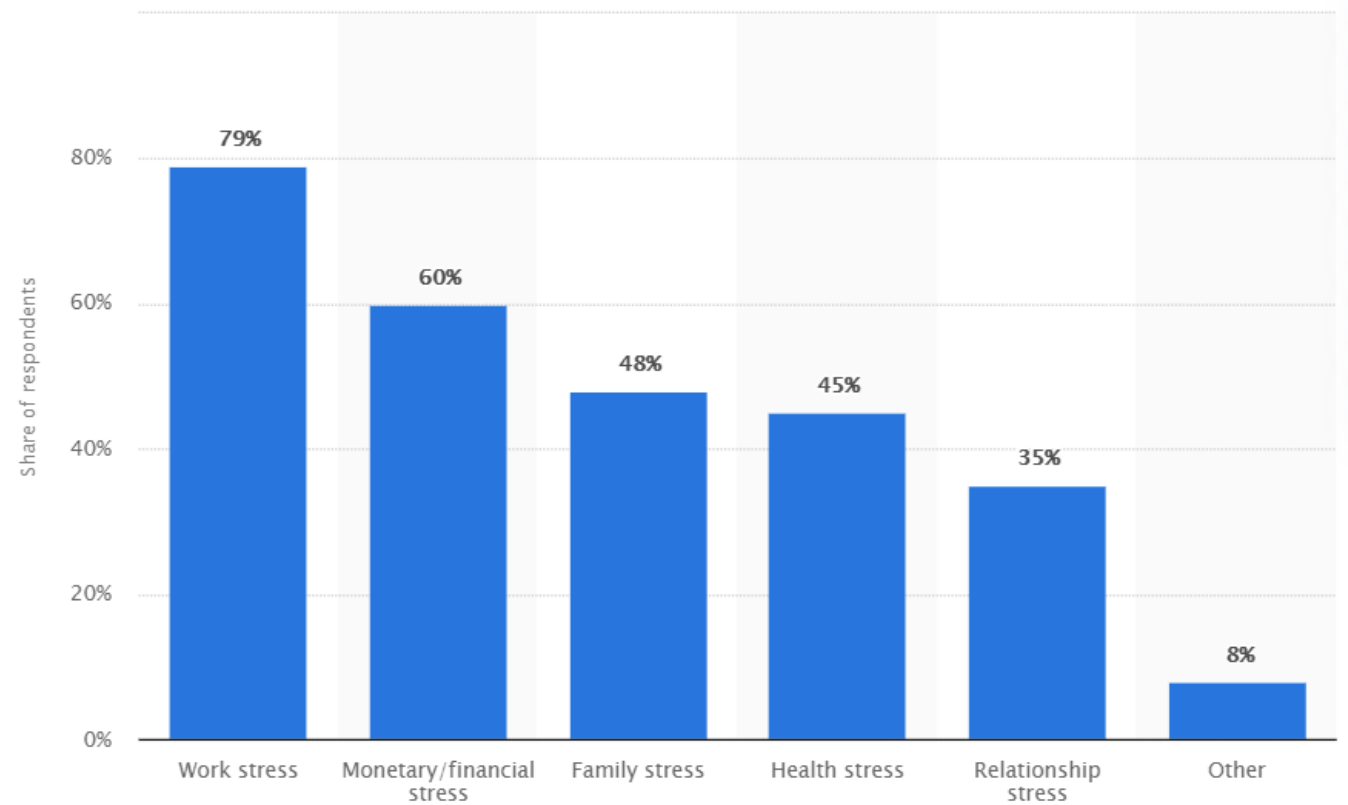


By
Cristian Gherman
2027299

According to the American Psychological Association:

- Just 45% of Generation Z report that their mental health is very good or excellent.

-All other generation groups fared better on this statistic: Millennials (56%), Gen Xers (51%) and Boomers (70%).



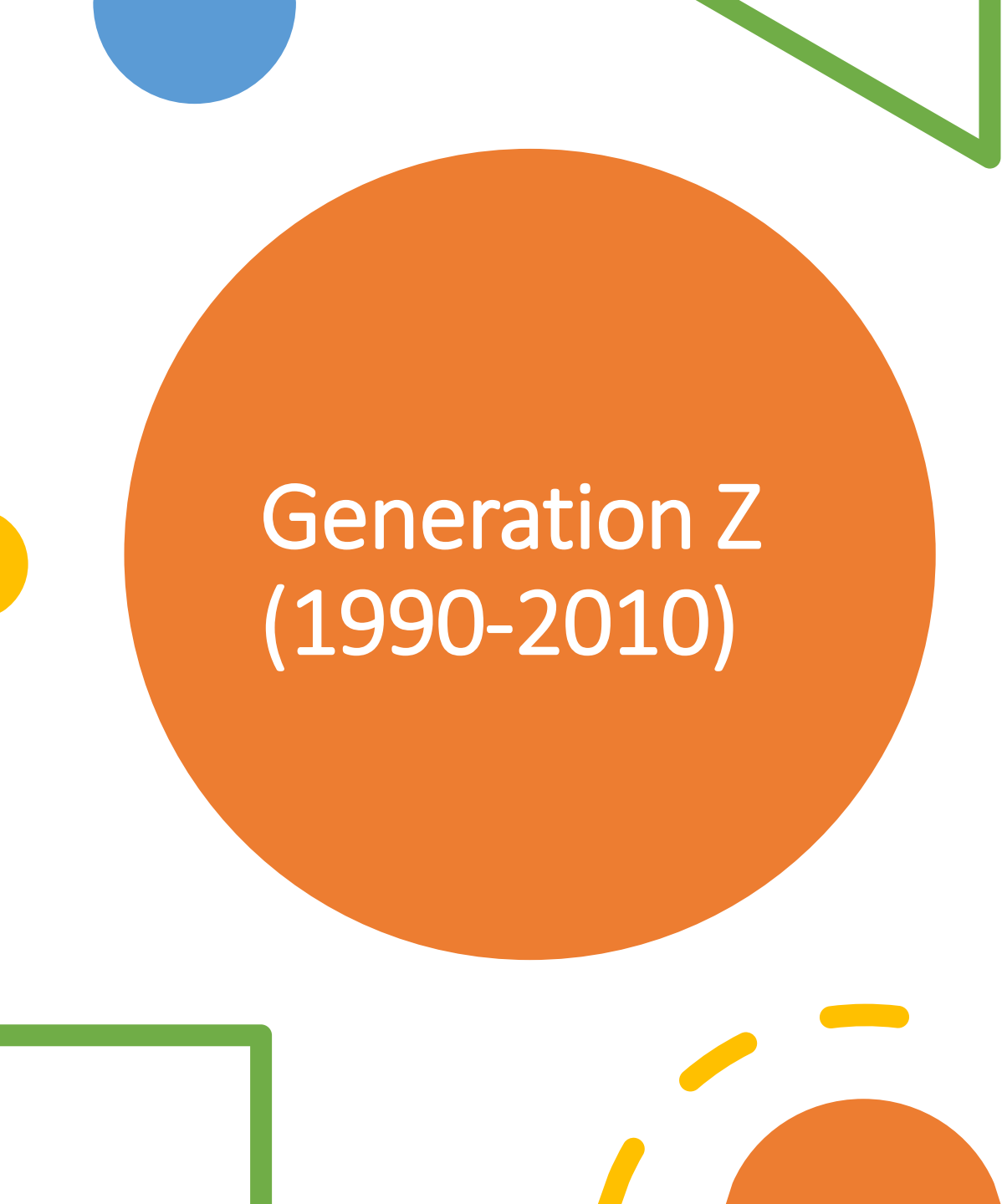
What
generation
do you
belong to?

Generation	Birth Year
Baby Boomers	1946 - 1964
Generation X	1965 - 1979
Millennials	1980 - 1994
Generation Z	1995 - 2014

Baby Boomers (1946-1964)

- Strong work ethic. Baby boomers aren't afraid to put in a hard day of work.
- Self-Assured. This generation is independent and self-assured.
- Competitive. Baby boomers like competition.
- Goal-centric.
- Resourceful.
- Mentally focused.
- Team oriented.
- Disciplined.





Generation Z (1990-2010)

- Diversity is their norm.
- They are our first “digital natives”
.
- They are pragmatic and financially-minded.
- Many factors contribute to their mental health challenges.
- They are shrewd consumers.

The department
with the highest
reported levels of
stress in the UK
was:
Customer
Services!

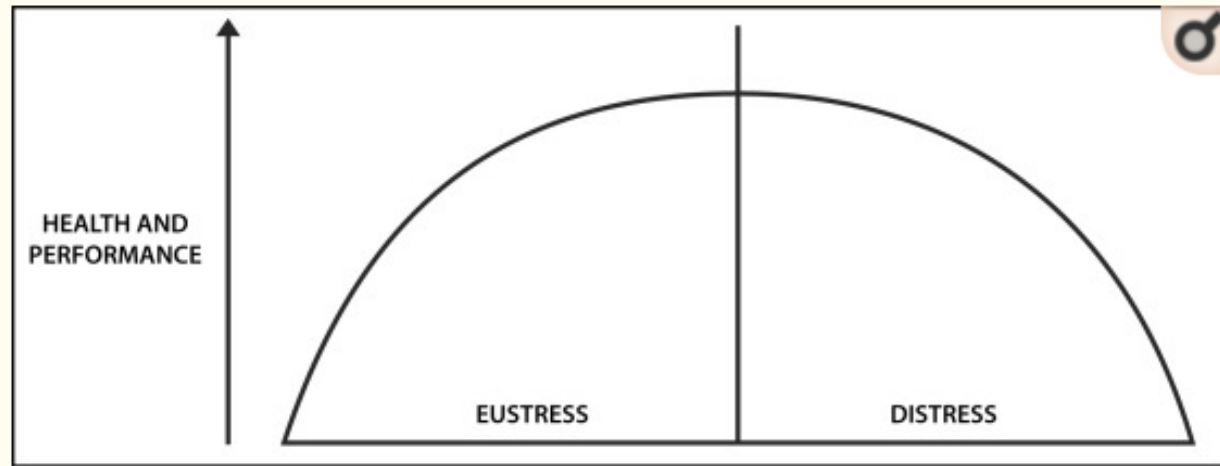


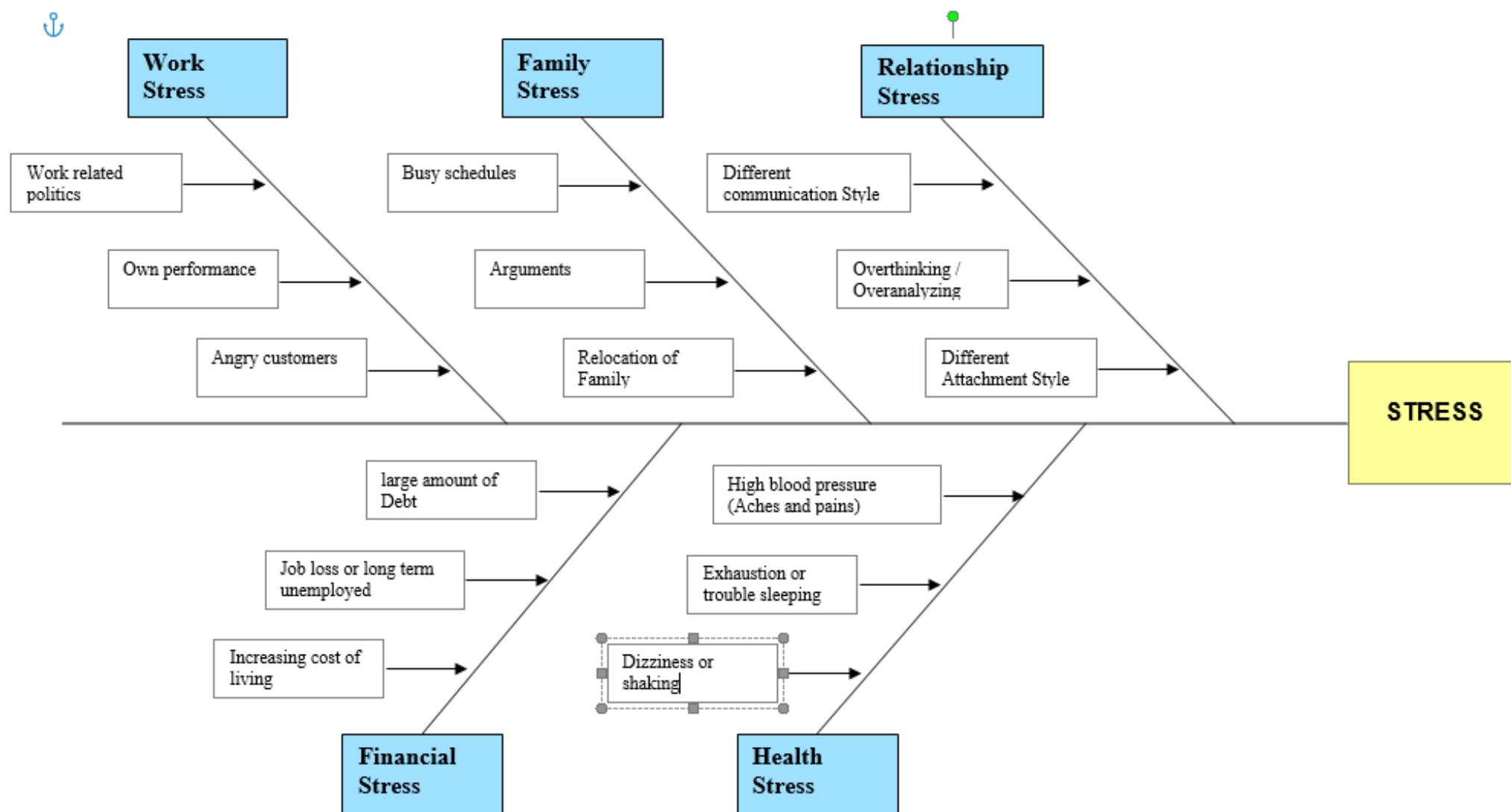
Figure 1 :

Eustress is the action-enhancing stress that give athletes the competitive edge

Cause and Effect (Fishbone) Diagram

Student Name: Cristian Gherman

Student No: 2027299





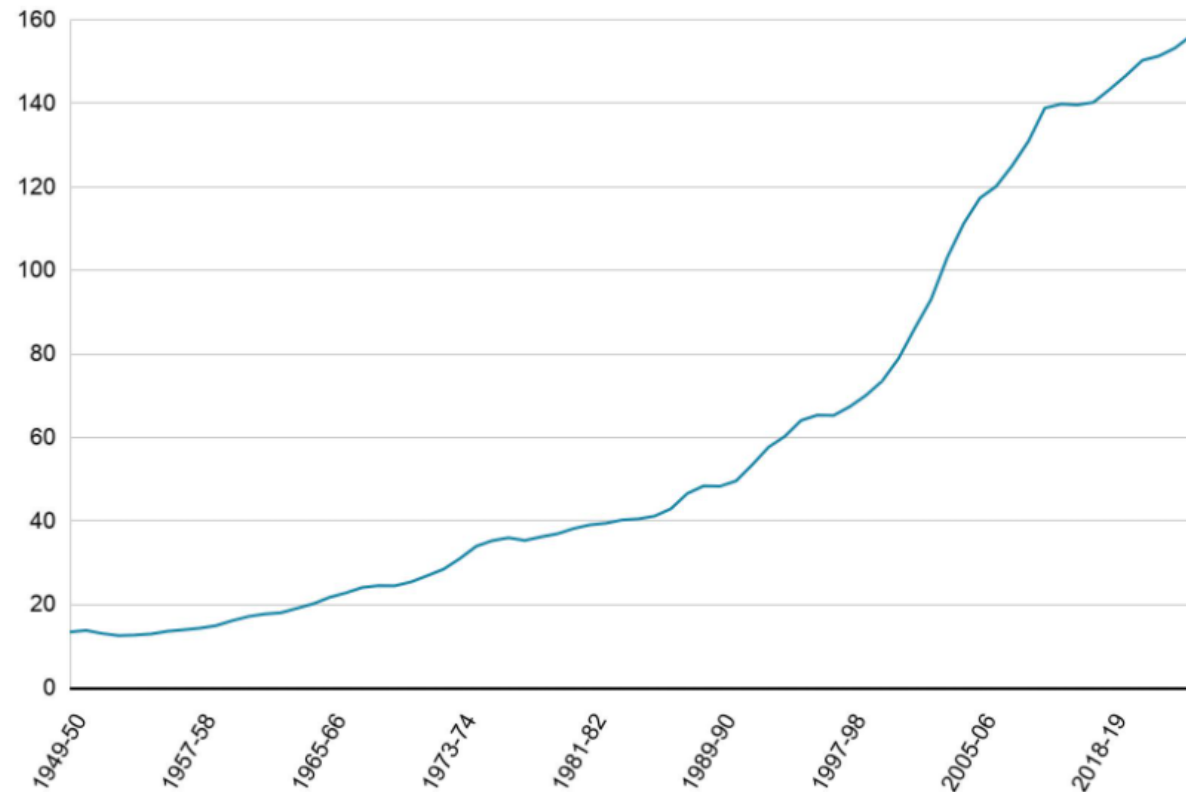
- **Political** – International Trades, Global Economic Volatility, Immigration, Taxes.
- **Economic** – More Productive, Fundings raised, World's most efficient health care system, General cost inflation in ethical drugs.
- **Social** – Ageing population, Care for older people cost more, Expensive career even though is promoted, Started partnerships with private hospitals.
- **Technological** – Increased complexity for older patients, New advanced operating units with A.I. assistance, Providing and storing information like health history.
- **Environmental** – Responsible for 6,3% of England's total carbon emissions, 590,000 tones of waste with just 23% recycled. Big Electricity Consumer! - £500 million worth of energy a year.
- **Legal** – “Complains are a gift to NHS” and helps to achieve more improvements as possible. NHS is a legal entity set up by order of the Secretary of State to provide goods and services for the purposes of the health service.

Do you think
that NHS
continuous
costs growth
will affect all
of us?

How the NHS budget has grown

UK health spending from 1949 to 2019

— Budget in 2018-19 prices, £bn



Source: Institute for Fiscal Studies

BBC



- Sweden started in 2010 a project to reduce the average weekly working hours.
- In 2020 the average weekly hours amounted at 29.2 on average.
- The 6-hour shift implemented by the Swedish Government amazed not only employees but companies that adapted to this schedule.
- Reduced stress in workers.
- Improved health.
- Boosted productivity.
- Boosted happiness.

