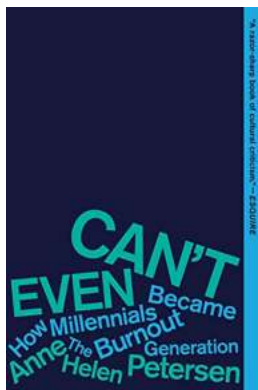


How Millennials Became The Burnout Generation

Millennials, also known as Generation Y, are individuals who were born between the early 1980s and mid-1990s. This generation has been described as the burnout generation due to the overwhelming stress, exhaustion, and dissatisfaction they often face in their lives.

So, how did millennials become the burnout generation?

One of the main reasons is the pressure to succeed. Millennials grew up in a hyper-competitive environment. They were told from a young age that they needed to excel academically, participate in extracurricular activities, and build an impressive resume to secure a successful future. This constant need to achieve has led to high levels of stress and anxiety.



Can't Even: How Millennials Became the Burnout Generation by Anne Helen Petersen (Kindle Edition)

★★★★☆ 4.4 out of 5

Language	: English
File size	: 1863 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 326 pages



Moreover, the rise of social media has significantly impacted the millennial generation. With platforms like Instagram and Facebook, millennials constantly compare themselves to others, especially their peers. This comparison culture fuels feelings of inadequacy and the fear of missing out, creating a never-ending cycle of self-doubt and anxiety.

Add to that the burden of student loan debt that many millennials carry. Millennials are often saddled with significant student loans, resulting in financial stress that can lead to further burnout. This financial pressure can hinder their ability to pursue their passions or take risks, forcing them into jobs they dislike but have to stick with to make ends meet.

Furthermore, the modern work culture has contributed to millennials experiencing burnout. Companies now expect their employees to be constantly connected and available. The traditional 9-to-5 workday has become a distant memory, with work creeping into personal time and even vacations. This workaholic culture not only leads to burnout but also disrupts work-life balance, negatively affecting millennials' mental and physical well-being.

Millennials also face a different economic landscape compared to previous generations. The rising cost of living, stagnant wages, and the ever-increasing wealth gap make it harder for millennials to achieve financial stability. They often find themselves struggling to afford housing, healthcare, and basic necessities. This constant struggle to make ends meet adds an extra layer of stress and contributes to their burnout.

Furthermore, the pressure to constantly hustle and be productive has become deeply ingrained in millennial culture. The gig economy, side hustles, and the constant need to be on the grind have become the norm. This culture glorifies being overworked and exhausted as a symbol of success, leaving millennials

feeling the need to constantly prove themselves and fearing being left behind if they dare to take a break.

Mental health is another crucial factor contributing to the burnout generation. Millennials are more open about discussing mental health issues such as anxiety and depression. However, mental health resources and support systems have not caught up with the increased demand. The lack of affordable, accessible mental health care often leaves millennials feeling isolated and overwhelmed with their mental health struggles, exacerbating their burnout.

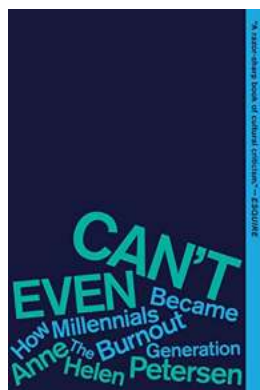
So, what can be done to address the burnout generation?

First and foremost, societal norms and expectations need to change. Millennials need to be encouraged to prioritize self-care and rest without feeling guilty or fear of falling behind. The traditional definition of success needs to be redefined to include mental and emotional well-being, rather than just material achievements.

Companies also need to foster a healthier work culture. Encouraging work-life balance, providing mental health resources, and supporting employees' personal time will go a long way in reducing burnout. Additionally, affordable and accessible mental health care should be a priority in order to support millennials in managing their mental health effectively.

Moreover, as a society, we should stop glorifying and normalizing overworking and constant hustle. Taking breaks and setting boundaries should be seen as signs of strength and self-awareness, rather than weakness. Supporting initiatives like paid vacation time, reasonable work hours, and flexible schedules will promote a healthier work-life balance for millennials.

In , millennials have become the burnout generation due to several factors. The pressure to succeed, the impact of social media, financial stress, the modern work culture, economic challenges, the hustle and productivity culture, and inadequate mental health support have all contributed to this burnout phenomenon. Addressing these issues collectively as a society is crucial in helping millennials combat burnout and live healthier, more fulfilling lives.



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“An analytically precise, deeply empathic book about the psychic toll modern capitalism has taken on those shaped by it. *Can’t Even* is essential to understanding our age, and ourselves.”—Ezra Klein, Vox co-founder and New York Times best-selling author of *Why We’re Polarized*

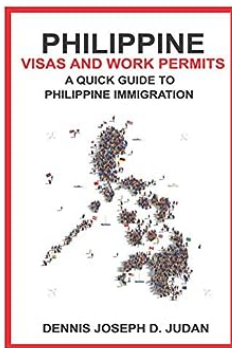
An incendiary examination of burnout in millennials—the cultural shifts that got us here, the pressures that sustain it, and the need for drastic change

Do you feel like your life is an endless to-do list? Do you find yourself mindlessly scrolling through Instagram because you’re too exhausted to pick up a book? Are you mired in debt, or feel like you work all the time, or feel pressure to take whatever gives you joy and turn it into a monetizable hustle? Welcome to burnout culture.

While burnout may seem like the default setting for the modern era, in *Can’t Even*, BuzzFeed culture writer and former academic Anne Helen Petersen argues that burnout is a definitional condition for the millennial generation, born out of distrust in the institutions that have failed us, the unrealistic expectations of the modern workplace, and a sharp uptick in anxiety and hopelessness exacerbated by the constant pressure to “perform” our lives online. The genesis for the book is Petersen’s viral BuzzFeed article on the topic, which has amassed over seven million reads since its publication in January 2019.

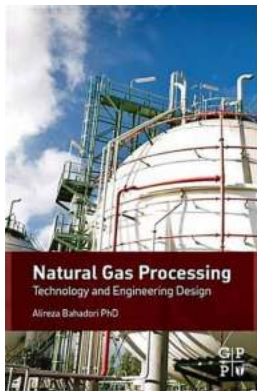
Can’t Even goes beyond the original article, as Petersen examines how millennials have arrived at this point of burnout (think: unchecked capitalism and changing labor laws) and examines the phenomenon through a variety of lenses—including how burnout affects the way we work, parent, and socialize—describing its resonance in alarming familiarity. Utilizing a combination of sociohistorical framework, original interviews, and detailed analysis, *Can’t Even* offers a galvanizing, intimate, and ultimately redemptive look at the lives of this

much-maligned generation, and will be required reading for both millennials and the parents and employers trying to understand them.



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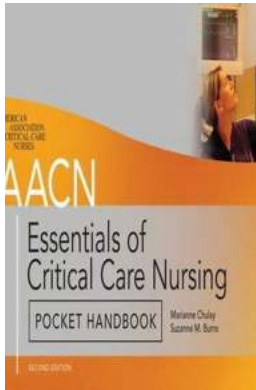
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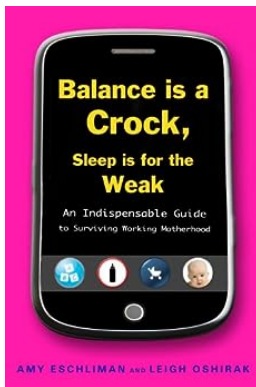
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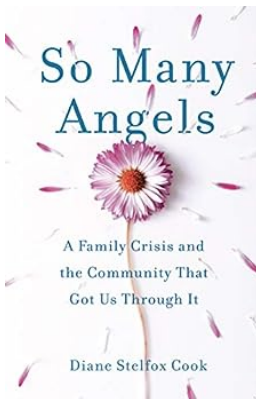
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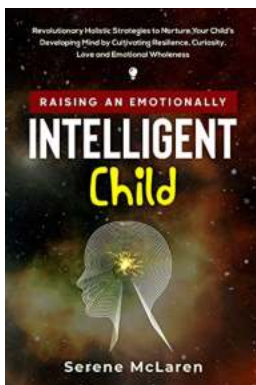
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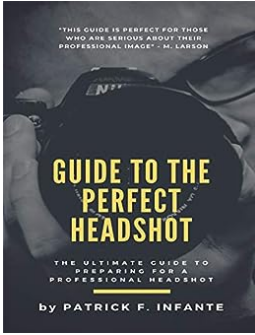
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