

The Civis Circle. An Anxiety Relief Activity.

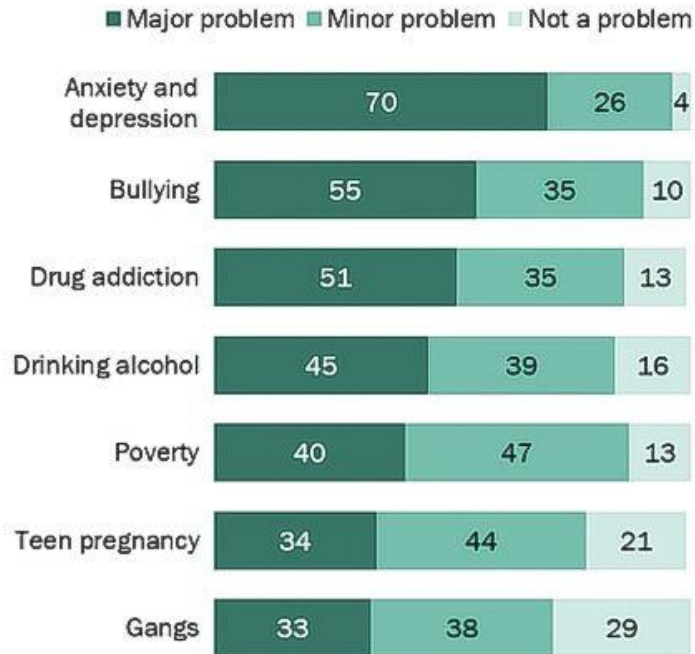
Global Civis Days
Panathlon
Athens 18-19 May

Polyxeni Dimou, Laura Hutton, José Martínez Sanjurjo, Antonia Ioana Neagu, Nicoletta Simi

AN UNIVERSITY FOR ALL: TARGETING THE ISSUE OF ANXIETY

Anxiety and depression top list of problems teens see among their peers

% of teens saying each of the following is a ___ among people their age in the community where they live



Note: Share of respondents who didn't offer an answer not shown.
Source: Survey of U.S. teens ages 13 to 17 conducted Sept. 17-Nov. 25, 2018.

"Most U.S. Teens See Anxiety and Depression as a Major Problem Among Their Peers"

PEW RESEARCH CENTER

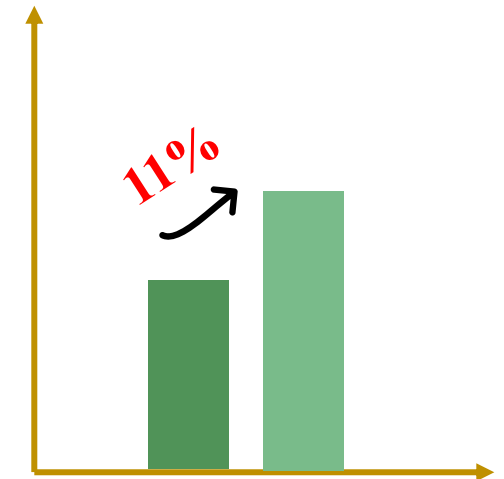


COVID-19 pandemic triggers 25% increase in prevalence of anxiety and depression worldwide

Wake-up call to all countries to step up mental health services and support

2 March 2022 | News release | Reading time: 3 min (927 words)

% increase in anxiety among students during covid-19



■ precovid
■ postcovid

Lee, J., Jeong, H. J., & Kim, S. (2021).

SOLUTION: THE CIVIS CIRCLE



HOW

WHO

WHAT

WHY

REFERENCES

Lee, J., Jeong, H. J., & Kim, S. (2021). Stress, Anxiety, and Depression Among Undergraduate Students during the COVID-19 Pandemic and their Use of Mental Health Services. *Innovative higher education*, 1–20. Advance online publication. <https://doi.org/10.1007/s10755-021-09552-y>

National Education Association (2019). The Epidemic of Anxiety Among Today's Students. *Article* <https://www.nea.org/advocating-for-change/new-from-nea/epidemic-anxiety-among-todays-students>

World Health Organization. (2022). COVID-19 pandemic triggers 25% increase in prevalence of anxiety and depression worldwide. *Article*. <https://www.who.int/news/item/02-03-2022-covid-19-pandemic-triggers-25-increase-in-prevalence-of-anxiety-and-depression-worldwide>



Thank you!

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