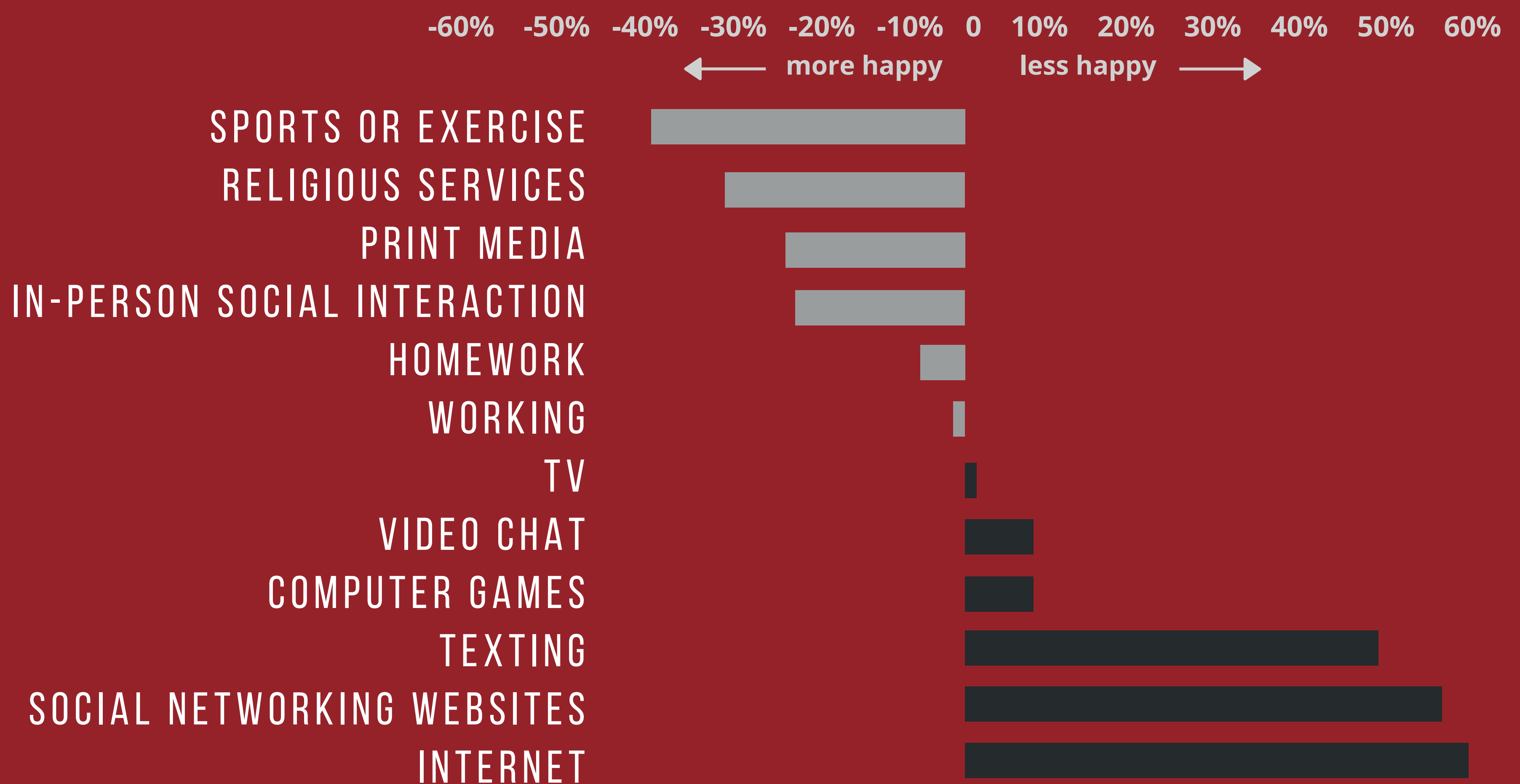




# UNHAPPY?

RESEARCH SAYS: PUT DOWN YOUR PHONE, AND PURSUE ACTIVITIES LINKED WITH HAPPINESS.

## RELATIVE RISK OF BEING UNHAPPY



Adapted from Twenge, Jean M., *iGen, Why Today's Super Connected Kids are Growing Up Less Rebellious, More Tolerant, Less Happy - and Completely Unprepared for Adulthood and What That Means for the Rest of Us*, 2017

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