



VLOG

## Millennial Life During the Pandemic

### OVERVIEW:

Research shows the different generations are facing unique challenges in the face of Covid-19. For many millennials, this is their second financial crisis in just 12 years. This generation has also been disproportionately impacted by pandemic layoffs and job instability. Isolation and overwhelming anxiety pose a very real threat. This session explores why millennials have been impacted so significantly and outlines potential coping strategies and techniques.

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