



# Navigating the Quarter Life Crisis (QLC)

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**Revitalized Reintegration Services**  
March 17, 2025

# Welcome, Land Acknowledgement, and Ancestral Acknowledgement



**Jasmyne Julien**, CEO and Founder of Revitalized Reintegration Services



## Reminders:

- We will be speaking about sensitive subjects today. **Please contact 988 if you need immediate mental health support.**
- Please ensure your mic is muted.
- Closed captions are available.
- This workshop is being recorded, and slides will be shared after the presentation.
- Please hold all questions until the end.
- The chat will be monitored. Please address any concerns you have there.



# Navigating the Quarter Life Crisis (QLC)

Facilitated by



**Maximum Onus**, Revitaled Practicum Student, Psychology Student at Ontario Tech University



# Quarter Life Crisis

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By:  
Maximum Onus

# Introduction

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*Comparison*  
*is the*  
**THIEF** *of*  
**JOY**





48%

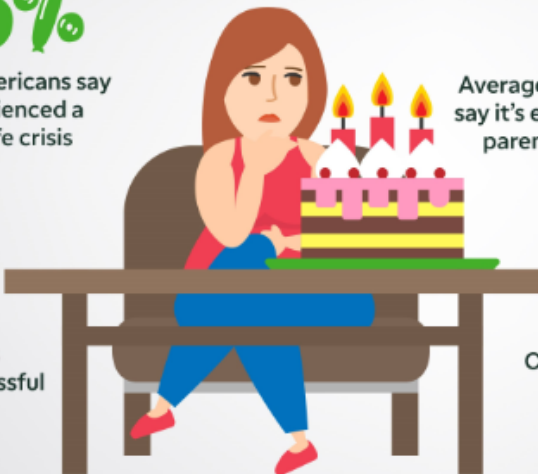
Of young Americans say they experienced a quarter-life crisis

30

Average age young Americans say it's embarrassing to receive parental financial support

55%

Of young Americans expect to be more successful than their parents



25%

Of young Americans save \$0 in a typical month

QLC

# Symptoms

## ANXIETY SYMPTOMS



- **Constant Nervousness, and restlessness**
- **Sleeping problems, fear, panic, and uneasiness.**
- **Sweaty, Cold, Numbness.**
- **Hyperventilation (Rapid breathing)**
- **Heart Palpitations.**
- **Nausea and dizziness**
- **Gastrointestinal Problems.**

- Nervousness
- Intense Sweating
- Feelings of inadequacy
- Rapid heartbeat
- Headaches



# Existential Anxiety

Existential anxiety is the distress or unease that arises from the **awareness of life's uncertainties**, such as mortality, the meaning of existence, and personal choices.





## Social Comparison

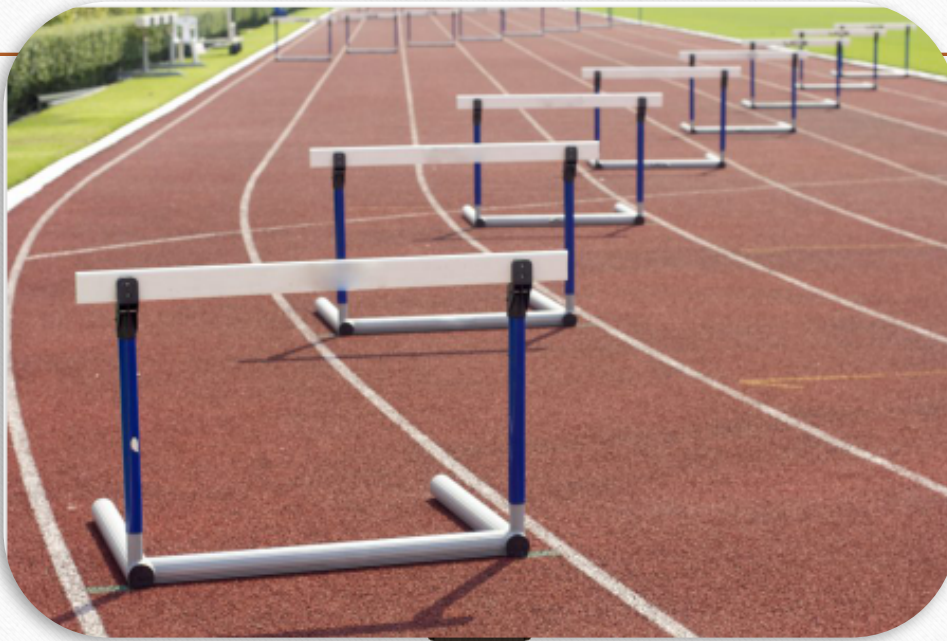
## Career Indecision



# Fear of Failure



# Causes & Major Hurdles





# The “American Dream”

# Envisioning the American Dream

## Envisioning The American Dream



## A visual remix of the American Dream as pictured in Mid-Century media

# Psychological Barriers



Perfection should never be the goal. After all, beauty does not lie in a clean blank canvas, but in the rich tapestry woven from every imperfect, cherished moment.



## Outcomes & Suicidality

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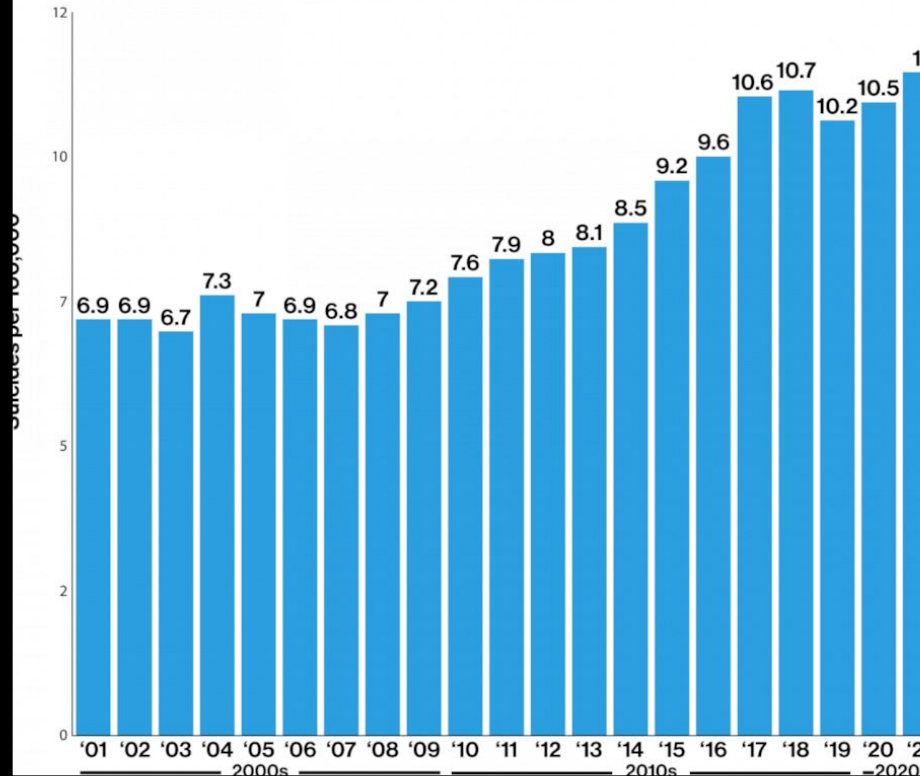
**T R I G G E R**  
**WARNING**  
**EXPLICIT CONTENT**

# Mental Health Impacts



## Young Adults aged 10-24

2001-2021



## Suicidality

Suicide rates have been increasing sharply since 2008. Coincidentally, this correlates with the advent and mass adoption of social media



# Gender Differences



# Tools for Resolution

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# Individual Strategies

- Therapy (e.g., CBT for anxiety),
- mentorship, and
- self-compassion





# Community & Policy Solutions



## Conclusion & Q&A

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*The End*