USC Dornsife
Intergenerational Wellbeing Workshop
with Special Guest Campus Wellbeing & Education

May 27, 2020
3:00 PM – 4:00 PM
Mental Health Awareness Month
Self Care?

Fun?

Challenges?
Agenda

- Introductions
- Guided Meditation
- Reflection
- Panel Discussion
- Adjourn
Mindful Meditation
Generation Concepts

Baby Boomers (1946-1964)
Gen X (1965-1980)
Millennials (1981-1996)
Gen Z (1997-2012)

Which generation do you represent?
Reflection

1. What quarantine internet activities have you been participating in?
2. Describe your attitude toward coronavirus in the context of economic impact, the “new normal”, and contracting the virus.
## Quarantine Internet Activities, %

<table>
<thead>
<tr>
<th>Activity</th>
<th>All</th>
<th>Gen Z</th>
<th>Millennials</th>
<th>Gen X</th>
<th>Boomers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Searching for coronavirus/COVID-19 updates</td>
<td>68</td>
<td>67</td>
<td>71</td>
<td>69</td>
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<tr>
<td>Listening to music</td>
<td>58</td>
<td>71</td>
<td>62</td>
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<td>Watching movies/shows</td>
<td>49</td>
<td>51</td>
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<td>51</td>
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<tr>
<td>Watching funny videos</td>
<td>42</td>
<td>52</td>
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<tr>
<td>Playing games on mobile</td>
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<td>47</td>
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<td>34</td>
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<tr>
<td>Looking at memes</td>
<td>32</td>
<td>54</td>
<td>41</td>
<td>21</td>
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<td>Playing games on PC/laptop</td>
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<td>Searching for cooking recipes</td>
<td>28</td>
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<tr>
<td>Reading business &amp; finance articles/news</td>
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<td>14</td>
<td>35</td>
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<td>Searching for discounts from brands</td>
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<tr>
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<td>19</td>
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<td>Reading celebrity news</td>
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<td>19</td>
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<td>Listening to podcasts</td>
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<td>Searching for fashion trends/discounts</td>
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<td>14</td>
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<td>Watching eSports videos/livestreams</td>
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<td>I'm trying to stay off the internet</td>
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Source: Global Web Index, Coronavirus Research Report, April 2020
Attitudes Towards Coronavirus

51% 70% 56% 65% 61% 52% 45% 34%

The Coronavirus will have just as great an impact on our country as 9/11 and the Great Recession
The world will never be the same after Coronavirus
The panic surrounding the Coronavirus is overblown
I won’t get the Coronavirus because I’m young and healthy

Source: YPulse Survey n=3940 ages 13-39 | March 27th, 2020 - March 31st, 2020
Social Media Bridging Generations

Blinding Lights Challenge
SANDWICH GENERATION

Negotiating Care

Financial Concerns & Constraints

Dividing Duties

Interdependent Care vs. Self-Care
Barriers to Thriving

- Fear of COVID-19 related illness and/or loss
- Nontraditional family structures
- Becoming a Caregiver
- Inadequate resources
- Loss of income
- STRESS!
Discussion Questions

• What intergenerational issues are you facing?
• How are we intersecting with other generations?
• How do live in relation to other generations?
3 WORDS TO STICK WITH

1. ESTABLISH-YOUR BOUNDARIES
2. COMMUNICATE-YOUR BOUNDARIES
3. HONOR-YOUR BOUNDARIES
Discussion Panel

Kimberly Freeman, Associate Dean and Chief Diversity Officer for USC Dornsife

Ilene Rosenstein, Associate Vice Provost for Campus Wellbeing and Education

Quade Yoo Song French, Clinical Psychologist and Consultant, Office of Campus Wellbeing and Education

Disha Mahendro, Director of Diversity Initiatives and Community Building for USC Dornsife

Shaye Morrison, Undergraduate Research Assistant for USC Dornsife Office of Diversity
Supplemental Resources

Mindful USC

Ask Ari
Supplemental Resources

Activities

• Fisher Museum Activities
• Yoga Hour, M & W 12pm
• Virtual Museum Tours
• Chopra Center Meditation
• YogaWorks
• Greater Good Science Center
• National Parks Tours
• Future Learn
• Pandemic Playlist

Articles

• Mental Health Resources for USC Faculty & Staff
• Work from Home Tips
• Psychological Impact of Covid-19
• Work from Home Diaries
• Workplace Impact
• Media Consumption
• Is COVID-19 Serious to GenZ?
Campus Resources

- **USC Campus Support and Advocacy (part of Campus Wellbeing and Crisis Intervention)** at 213-821-4710 in TCC 421 or [https://campussupport.usc.edu/](https://campussupport.usc.edu/) assists faculty, staff, and students in resolving complex personal, academic, and financial issues, providing useful information and referring to the proper campus resources.

- **Student Counseling and Mental Health Services** at 213-740-9355 in ESH 303 or [https://studenthealth.usc.edu/counseling/](https://studenthealth.usc.edu/counseling/) for free and confidential professional counseling for students.

- **Center for Work and Family Life** at 213-821-0800 or [https://employees.usc.edu/work-family-life/](https://employees.usc.edu/work-family-life/) for free and confidential professional counseling for faculty and staff.

- **USC Occupational Faculty Practice for Lifestyle Redesign** at 323-442-2850 or [chan.usc.edu/patient-care/faculty-practice/about](http://chan.usc.edu/patient-care/faculty-practice/about) which helps faculty, staff, and students develop healthy life habits.

- **The Haven at USC** for outpatient treatment and recovery residence for students at 855-434-9973 or [https://www.thehavenatcollege.com/locations/us/](https://www.thehavenatcollege.com/locations/us/) provides professional support on campus for mental health and substance use disorders. Holds online meetings for all.
Thank you!

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