

# Managing Stress and Mental Wellbeing - US - 2022

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## This report looks at the following areas:

- The impact of the ongoing COVID-19 pandemic on mental health
- The state of Americans' mental health and wellbeing
- Common symptoms and behaviors attached to mental health strain
- Which resources consumers trust for mental health support

The portion of consumers who view their mental health as being very good increased 31% between 2020 and 2021, but Americans must remain focused on their mental wellbeing as the COVID-19 pandemic continues to cause upheaval in everyday life. Though the mental health industry has experienced a surge of new offerings to counteract the stress and psychological strain caused by the pandemic, consumers still feel uncertain when faced with managing or improving their mental health. To stand out in a crowded marketplace, providers and brands must be able to demystify the journey from diagnosis to support.



“The unprecedented challenges of the COVID-19 pandemic have tested the minds of Americans, and the mental health field is bursting with innovation to meet consumers’ shifting needs.”  
– Sara Nettesheim, Health and Wellness Analyst

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