



News

Feature

Big Read

Adulting 10

Gen Y Speaks

Gen Z Speaks

Voices

Commentary

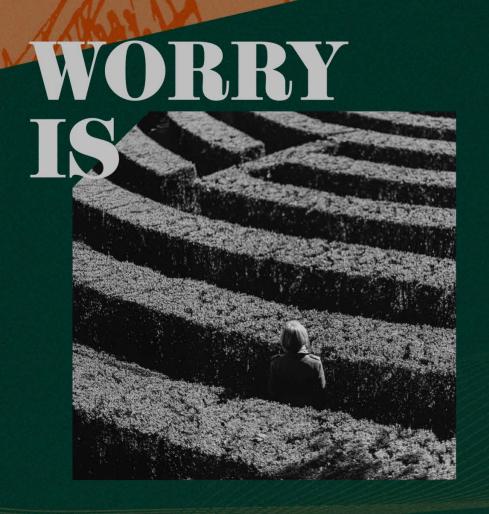
Learning Mind

8 Days

M

S'poreans more stressed than global average; 16% say their stress is 'not manageable': Study

- Almost nine in 10 Singaporeans reported feeling stressed in 2023, and 16 per cent said they felt that the stress was "not manageable", according to a new study by a global health firm
- Youths TODAY spoke to said that these results are not surprising, as they believe the pressure of being competitive in Singapore would lead to more people feeling stressed
- The study also found that only one in 10 Singaporeans had "high vitality", defined as "the intangible sense of feeling alive and alert, and in command of our lives and energy"
- Around three in five Singaporeans cited the "cost of living" caused by global inflation as a reason they were feeling stressed, and wished they had more support from their employer to live a healthier life



Futile Matthew 6:7

Focus misplaced Matthew 6:25b

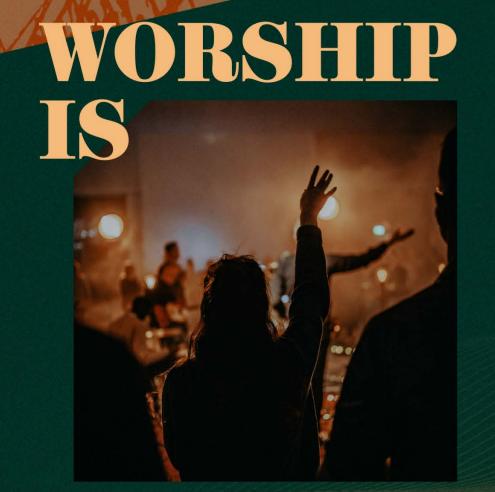
Matthew 6:19-21

Faithlessness

Matthew 6:26

Matthew 6:28-30





Seeking first HIS...

Matthew 6:33

Kingdom

- His Kingship over your life
- His Kingship over others

Righteousness

- His Righteousness in you
- His Righteousness in others

