

## **What Is Burning Them Out? Perspectives on the Stressors of Our Youth**

Why are young people fighting depression, and how does our society push them in the direction of emotional distress? The lecture encourages the listeners to identify the pressures that exhaust today's youth and drive them toward hopelessness and cynicism. The lecture challenges these perspectives to help young people break free from their pressures.

**Emőke Tapolyai** is a Clinical Pastoral Counsellor and an Executive Coach. She received her M.A. in Clinical Pastoral Counselling from Ashland Theological Seminary, a division of Ashland University (Ashland, Ohio, USA). She is a member of the American Association of Christian Counsellors (AACC), Hungarian Association of Sexologists, and the Professional Association of Coaches.

- I. Lie: It all depends on you
  1. Uniqueness
  2. Life should be perfect
  3. Outstanding career
  4. It should be easy
  
- II. Lies of Expectations → Low Self-acceptance
  1. One should know it all
  2. Do only what is perfectly done
  3. Life should be careless and fun
  4. One should be a leader
  5. Self-realize
  6. Marry the perfect one
  
- III. “The eyes of the world are on you!”
  1. Fear: the world will see vs. genuine character, intimate moments, deep relationships
  2. Impatience: quick and revolutionary changes. vs. patience, perseverance, and loyalty
  3. Comparisons and games of self-justification vs. transparency, vulnerability, and compassion

## Sacrificing intimacy for visibility

### IV. Lies and their result

1. It all depends on you → anxiety
2. Lies of expectations → resentment and low self-esteem
3. Your visibility → narcissistic demand and low responsibility

“If your first concern is to look after yourself, you'll never find yourself. But if you forget about yourself and look to me, you'll find both yourself and me.” Mt 10:39. *The Message*

### V. Truth instead of lies:

1. Your self-made uniqueness →← in the image of God
2. Perfect world →← fallen world
3. Need of top careers → importance of healthy relationships
4. Visibility →← Visibility to God
5. Capable of all →← strength for it all in Christ

“For this commandment that I command you today is not too hard for you, neither is it far off. It is not in heaven, that you should say, ‘Who will ascend to heaven for us and bring it to us, that we may hear it and do it?’ Neither is it beyond the sea, that you should say, ‘Who will go over the sea for us and bring it to us, that we may hear it and do it?’ But the word is very near you. It is in your mouth and in your heart, so that you can do it.” Deut.30:11-14.

“Therefore, choose life, that you and your offspring may live, loving the LORD your God, obeying his voice and holding fast to him, for he is your life and length of days...” Deut.30:19-20.

VI. Supporting the truth, helping our youth:

1. Talk with them about what it means to be uniquely created in the image of God
2. Help them grieve their feelings and experiences of the fallen world
3. Give them an experience of healthy relationships by:
  - a. Being in healthy relationships with them
  - b. Supporting their healthy peer relationships – youth groups, camps ...
4. Make an effort to talk about Visibility to God 24/7
5. Encourage prayer to teach them to draw close to God for strength
6. Remind them, help them see when God answers prayers, help them grow in thankfulness

“Those who are wise will shine like the brightness of the heavens, and those who lead many to righteousness, like the stars for ever and ever.” Daniel 12:3.