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中国精神健康 行业报告

China Mental
Wellness Report

快乐变老

How to Age Joyfully

Picture by Chiva-Som-Hua-Hin

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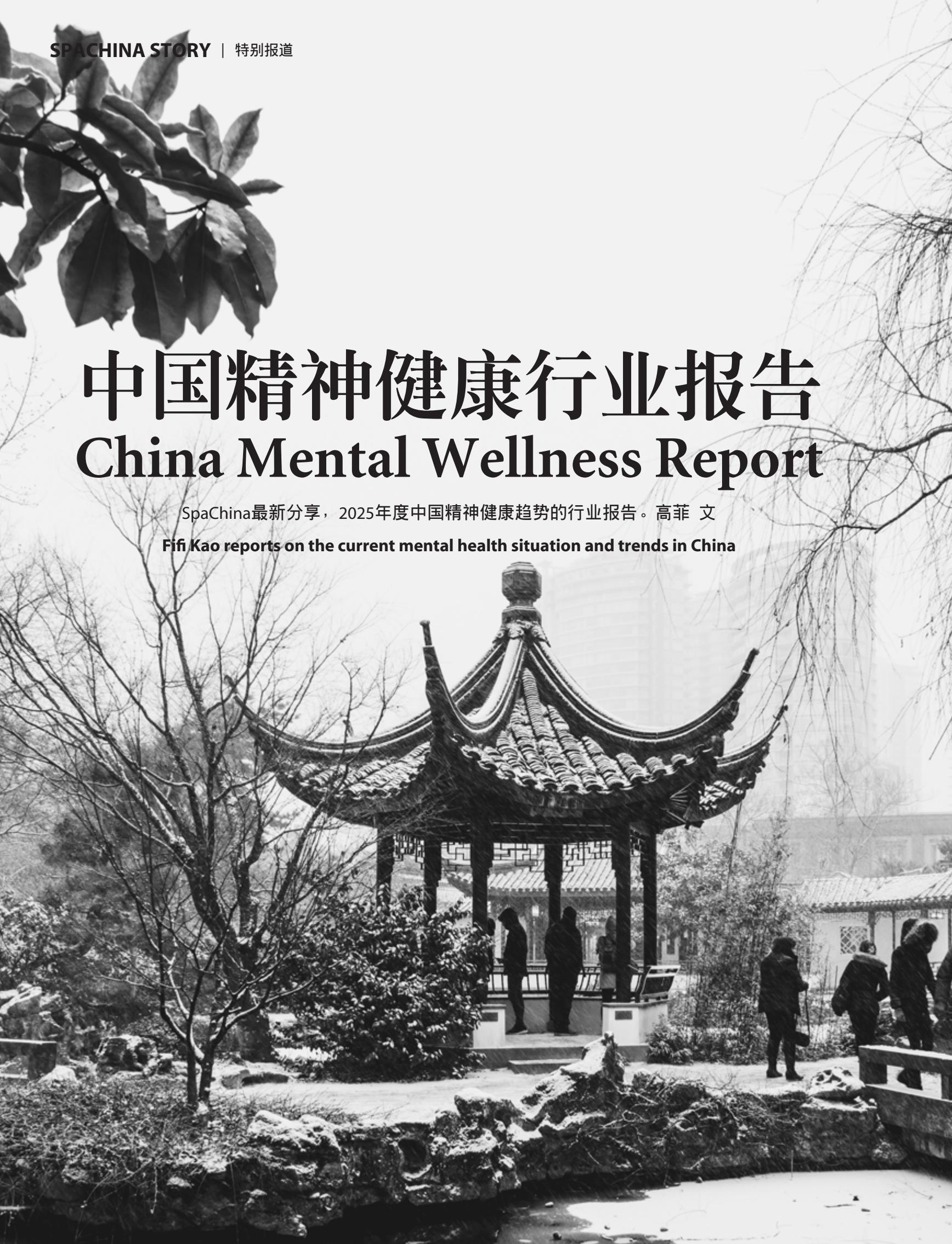
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中国精神健康行业报告

China Mental Wellness Report

SpaChina最新分享，2025年度中国精神健康趋势的行业报告。高菲 文

Fifi Kao reports on the current mental health situation and trends in China





要

提到中国的精神健康的趋势，我们就需要先看看中国目前的三代人和他们从小的成长轨迹，因为过去的40年来中国发展得太快，以至于三代人所处的政治、经济、教育等社会背景和状态是完全不同的。这令我我觉得我不能简单来归纳属于中国的“精神健康趋势”。我把他们分成18+，40+，60+人群。

并且，我留意到中国各个省份和城市之间的经济上的明显差异，也令精神健康方面的需求有明显的差异。

中国的一线城市人口规模庞大，人口在2,000万以上。如上海、北京、广州、深圳。人口密度高，外来人口占比大，城市化水平高，高薪岗位多，金融、科技、互联网等行业发达。GDP高，产业多元化，国际化。基础设施如交通、通信发达，公共服务完善，拥有顶尖学校和医疗机构，房价和生活费用高。

二线城市常住人口在1,000万至2,000万之间。如成都、重庆、杭州、武汉。人口增长和经济发展较快，吸引大量省内及周边人口，但高薪岗位和行业集中度不如一线城市。生活成本大约比一线城市低30-50%。

三线及以下城市人口规模较小，人口通常在100万至500万之间。人口增长缓慢，面临人口外流问题。经济结构单一，收入水平较低，生活成本大约是一线城市的10-20%左右。

以下各部分内容，是以一二线城市为代表来阐述的趋势报告。

To discuss the mental health trends in China, we first need to consider the three basic generation groups in China today and their upbringing trajectories. Over the past 40 years, China has developed so rapidly that the social contexts - political, economic, educational, and more - for these three groups are entirely different. This makes it difficult for me to simply generalize a “mental health trend” for China as a whole. I have categorized them into the 18+, 40+, and 60+ age groups.

Additionally, I have noticed significant economic disparities among China’s provinces and cities, which also lead to distinct differences in mental health needs.

China’s first-tier cities such as Shanghai, Beijing, Guangzhou, and Shenzhen have large populations, each exceeding 20 million people. These cities feature high population density, a large proportion of migrant populations, high urbanization levels, numerous high-paying jobs, and developed industries like finance, technology, and the internet. They boast high GDP, diversified industries, and internationalization. Their infrastructure, including transportation and communication, is advanced, with well-established public services, top-tier schools, and medical institutions. However, housing prices and living costs are high.

Second-tier cities have permanent populations ranging from 10 to 20 million, such as Chengdu, Chongqing, Hangzhou, and Wuhan. These cities experience rapid population growth and economic development, attracting large numbers of people from within the province and surrounding areas. However, the concentration of high-paying jobs and industries is not as strong as in first-tier cities. The cost of living is approximately 30-50% lower than in first-tier cities.

Third-tier and below cities have smaller populations, typically between 1 and 5 million. Population growth is slow, and these cities face issues of population outflow. Their economic structures are less diversified, income levels are lower, and the cost of living is about 10-20% of that in first-tier cities.

For the purposes of this discussion, I will focus on first- and second-tier cities as representatives.



60+人群 关注孤独、认知衰退和晚年适应



中国的一二线城市的60+的中国人，生于1945-1960年代，当时的中国还处于贫困落后的时代，他们的幼年时代是物质缺乏的，因此也养成了他们勤劳、坚强、努力和善于面对竞争的性格，重视集体和集体生活。

他们中的大部分都是在典型的中国式家庭架构——四世同堂的大家庭里成长起来的，有2个或2个以上的兄弟姐妹，多的甚至有4-6个，喜欢常常聚会，不太看重个人隐私，愿意分享所有的家庭与工作琐事。

作为中国改革开放后最受益的一代人，大部分一线二线城市的60+人群在经济上有较好的退休金的保障，并且在20年前当时房价只有现在的十分之一的时候，都购置了属于自己的房产，没有任何银行负债和贷款，大部分都拥有1-2个子女（独生子女政策在80年代开始实行），社区食堂提供健康的一日三餐，社区医院提供基本的健康支持和社交援助。

因此，他们并不像西方社会的同龄老人那样会容易产生社交隔离问题，正相反，只

要是在身体较为健康的状态下，这些60+人群都是比较开朗和乐观的，可以说他们是目前中国精神健康状态最好的人群。小时候物质上的艰辛让他们很珍惜现在良好的物质生活，并愿意以积极的态度来面对自己的老年生活。

60+人群面对的主要问题：

- 退休后身份转变和身体机能下降可能带来心理压力。
- 亲友得病、伴侣离世、独生子女离家因素导致孤独感加剧。
- 对慢性病，认知衰退和痴呆症的担忧普遍存在。

60+精神健康趋势：增强社会连接

- 通过社区活动、线上社交平台、志愿服务，增强和社会连接。
- 以运动、户外活动、认知训练、健康生活方式，来早期干预慢性病和认知衰退等。
- 退休规划、结伴旅行、寺庙佛教正念练习。



40+人群 承上启下的一代人， 应对职业倦怠、家庭压力和健康焦虑

1978年中国改革开放后，中国经济开始快速发展，40+人群（即1980年代初期出生的一代）在成长过程中见证了国家从计划经济向市场经济的转型。生活水平显著提高，物质条件改善，教育机会增加，也有更多的职业选择和创业机会。

由于40+人群在10-15岁之前还不富裕，他们目睹了自己的父辈努力工作，努力存款，精打细算的生活状况，因此绝大部分的40+依旧保持着上一辈的价值观，主要体现在：重视家庭，珍惜自己的工作，对收入和支出有计划，希望培养出优秀的下一代。

40+人群的家庭规模缩小，资源集中，但家庭成员之间的联系减弱。40+人群中大部分是独生子女，没有了兄弟姐妹，一个人要承担更多的家庭责任，既要赡养父母，又要抚养子女，来自家庭的压力比上一代更大。

40+的独生子女缺乏兄弟姐妹的情感支持，从小养成了习惯孤独的个性，在意自己的隐私，不习惯和其他人分享自己身上发生的事，传统的中国教育强调成年人需要有成熟和忍耐的品质，这又令他们不善于袒露和分享自己的心情。

中国的改革开放后，西方文化涌入，社

会价值观从单一走向多元化。40+的人群在成长过程中受到中外文化的双重影响，更加开放和国际化，许多人有机会出国留学或工作。但也面临着文化认同的困惑，尤其是在传统与现代、东方与西方之间。

消费主义兴起，物质生活丰富，但也面临更大的经济压力，房价上涨和贷款购房购车，成为他们生活中的重要压力来源之一。自2022年后，中国经济的下滑，令40+人群中的一部分人失业或者公司倒闭。

40+人群是中国第一批接触互联网的群体，信息获取方式发生巨大变化，开阔了视野，但同时也开始面临信息过载和网络成瘾等问题。

因为教育水平的提高，40+人群比起自己父母这辈，健康意识是更为觉醒的，会更加关注自己的健康问题。

40+人群面对的主要问题：

- 职场竞争激烈，工作缺乏新鲜感和成就感，工作与生活失衡，长期处于高压状态。
- 唯恐在快速发展的时代里被淘汰的精神压力。
- 经济压力。

- 子女教育、父母健康、夫妻关系等精神压力。
- 健康焦虑，意识到自己的身体机能下降，慢性病（如脂肪肝、高血压、糖尿病）开始出现。

40+精神健康趋势：多元化、个性化和数字化，目标主要是解压

- 独处，制造更多属于自己的时间。从小习惯孤独的40+在一个人的时候可以彻底解压。如一个人的旅游，摄影，运动，追剧，刷短视频，打游戏。
- 培养属于自己的兴趣爱好，进一步放松解压。如SPA，美食，日常运动，具有挑战性的新运动，日晒和林间散步，音乐与艺术疗愈，正念冥想，快乐社交，养宠物，公益贡献，等等。
- 设定界限，对亲人和同事说“不”。避免被传统道德责任绑架而过度承担家庭和公司的责任，而忽视了自己真正的内心需求。
- 接受自己的不完美，放低要求，接受加龄和迈向年老的现实。
- 养成健康生活习惯，以令精神状态更健康：均衡饮食、适量运动、充足睡眠，戒烟限酒，学习管理慢性病。

18+人群

生活在了中国物质最充盈的时代， 却是精神上最迷惘的一代



中

国18+人群(2000年代出生的一代)成长于中国经济高速发展的时期。物质生活水平显著提高,但也面临更大的竞争压力。

中国的教育体制,从小学到大学,竞争激烈,尤其是高考带来的巨大压力。高校毕业生数量增加,就业市场竞争激烈,许多人面临“毕业即失业”的困境。职场竞争激烈,职业发展瓶颈和不确定性增加。

18+群体中大多没有兄弟姐妹,承担了更多的家庭期望。然而如今的中国的一二线城市房价和生活成本都已经很高,工资也基本上不再增长。

18+人群在成长过程中过于依赖上两代人,因此独立生活能力差,理财意识模糊,缺乏人生目标和未来规划。在人际关系上,大家庭体系崩溃后的小家庭结构第二代独生子女,从小社交技能不足,人际关系处理能力较弱,成人后易在职场产生冲突,在受挫后的压力往往会令他们迅速离职。

不婚率和离婚率上升。不愿社交和选择宅家的人群数量增加,每天看电子产品的时

间超过6小时以上、久坐不动、饮食不规律的人群增多,造成更多的慢性病年轻化(如肥胖、高血压)。

他们是互联网的原住民,从小就接触网络和社交媒体,习惯了数字生活。线上学习、远程办公和虚拟社交成为常态。但社交媒体上的“完美生活”展示导致攀比心理和自卑感,信息过载和虚假信息带来的困惑和焦虑,网络成瘾。

18+的群体更愿意为体验买单,追求个性化和独一无二的体验,而非单纯追求物质拥有。参与沉浸式娱乐活动(如剧本杀、密室逃脱、VR体验)。旅行时选择深度游、文化体验或冒险活动。参加音乐节、艺术展览、市集等文化活动。追求和上一代不同的小众文化体验(如小众音乐、独立电影、地下文化),选择定制产品或服务(如定制服装、首饰、旅行路线),通过小众品牌或手工制品表达个人风格。

受到中外文化的双重影响,全球化,文化多元化,思想更加开放。然而,和上两代崇洋的特质不同,对中国文化的认同感增强,支持国货,关注传统文化(如汉服、茶

道、书法、中医),参与国潮文化活动(如国风音乐节、传统文化展览)等。

18+人群面对的主要问题:

- 孤独感、焦虑、自尊心下降,抑郁、自我怀疑。
- 社交恐惧、情感压抑,难以建立深层次的人际关系。
- 注意力分散,难以专注。
- 职业倦怠,对未来感到迷茫。
- 经济焦虑,对未来缺乏安全感。
- 情绪低落,健康焦虑,身体不适进一步影响心理状态。

18+精神健康趋势:我是谁,我在这个世界的意义是什么

- “宅文化”与居家生活,打造属于自己的舒适的居家环境,注重家居设计和智能设备。享受独处或小范围的社交。在家追剧、打游戏、看直播,不出门通过外卖和网购满足生活需求。
- 选择“躺平”或“反内卷”来对抗社会压力。极简主义,降低物质欲望,减少不必要的消费。拒绝过度竞争,以低压力生活方式寻找内心的平静。支持环保可持续发展,参与二手交易或共享经济。
- 兴趣驱动的生活。参与各种兴趣小组或社群(如摄影、骑行、剧本杀、电竞)。学习新技能(如编程、绘画、音乐、烹饪)通过旅行、露营、徒步等方式探索世界。
- 追求多元化的职业发展。同时从事多份工作或兼职(如自由职业、副业)。通过自媒体打造个人品牌,追求职业自由和成就感。
- 健康和健身热潮。定期去健身房、参加瑜伽或普拉提课程。关注健康饮食,尝试素食、轻食或定制化营养餐。使用健康类APP记录运动、睡眠和饮食数据。通过SPA、精油香薰、冥想、正念练习等方式缓解压力。
- 通过社交媒体展示生活,获取灵感和建立人脉。参与线上挑战、话题讨论和虚拟社群活动。
- 宠物成为生活中重要的陪伴和精神寄托。养宠物并为其消费(宠物食品、医疗、美容)。参与宠物社群活动,分享养宠经验。



60+ Population

Addressing Loneliness, Cognitive Decline, and Late-Life Adaptation

In China's first- and second-tier cities, individuals aged 60 and above were born between the 1940s and 1960s, a time when China was still impoverished and underdeveloped. Their childhoods were marked by material scarcity, which shaped them into hard-working, resilient, and competitive individuals who value collectivism and communal living.

Most of them grew up in traditional Chinese family structures – extended families with four generations under one roof. They typically have two or more siblings, sometimes even four to six, and enjoy frequent family gatherings. They place less emphasis on personal privacy and are willing to share all aspects of family and work life.

As the generation that benefited the most from China's reform and opening-up policies, the majority of 60+ individuals in first- and second-tier cities enjoy relatively secure retirement pensions. Many purchased their own homes two decades ago when property prices

were only a tenth of what they are today, leaving them free of bank debt or loans. Most have one or two children (the one-child policy was implemented from the early 1980s). Community canteens provide healthy daily meals, and community hospitals offer basic health support and social assistance.

As a result, they are less likely to experience social isolation compared to their Western counterparts. On the contrary, as long as they are in relatively good health, they tend to be cheerful and optimistic. In fact, they are arguably the demographic with the best mental health in China today. The material hardships of their childhoods have made them deeply appreciative of their current comfortable lifestyles, and they are willing to approach their later years with a positive attitude.

Key Issues Faced by the 60+ Population:

- Psychological stress due to identity shifts

after retirement and declining physical functions.

- Increased loneliness caused by friends or relatives falling ill, the loss of a spouse, or children leaving home (especially in single-child families).
- Widespread concerns about chronic illnesses, cognitive decline, and dementia.

Mental Health Trends for the 60+ Population: Strengthening Social Connections

- Enhancing social connections through community activities, online social platforms, and volunteer work.
- Early intervention for chronic diseases and cognitive decline through exercise, outdoor activities, cognitive training, and healthy lifestyles.
- Retirement planning, group travel, and mindfulness practices such as Buddhist meditation at temples.



40+ Population

The Sandwich Generation Navigating Career Burnout, with Family Pressure and Health Anxiety

After China's reform and opening-up in 1978, the economy began to grow rapidly. The 40+ population (those born in the late 1960s to early 1980s) witnessed the country's transition from a planned economy to a market-influenced economy during their formative years. Their living standards improved significantly, material conditions became better, educational opportunities increased, and they had more career choices and entrepreneurial opportunities.

Since the 40+ generation was not well-off before their age of 10-15, they observed their parents working hard, saving diligently, and

living frugally. As a result, most 40+ individuals still hold the values of the previous generation, which are reflected in their emphasis on family, appreciation for their jobs, careful financial planning, and a strong desire to raise successful children.

Family sizes have shrunk for the 40+ generation, and while resources are more concentrated, the connections between family members have weakened. Most 40+ individuals are only children, meaning they lack siblings and must shoulder greater family responsibilities alone – caring for aging parents while raising their own children. This has led to increased

family pressure compared to the previous generation.

As only children, the 40+ generation lacks the emotional support of siblings. They grew up accustomed to solitude, value their privacy, and are less inclined to share personal matters with others. Traditional Chinese education emphasizes maturity and endurance, which further discourages them from openly expressing or sharing their emotions.

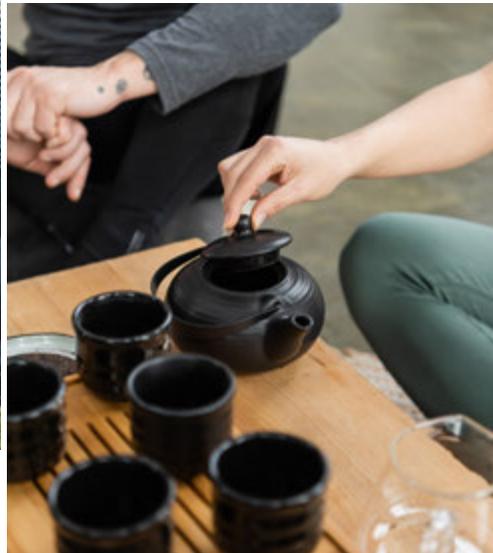
Following China's reform and opening-up, Western cultural influences flooded in, and societal values shifted from uniformity to diversity. The 40+ generation grew up under



the dual influence of Chinese and foreign cultures, becoming more open-minded and international. Many had the opportunity to study or work abroad. However, they also face cultural identity conflicts, particularly between traditional and modern values, as well as Eastern and Western ideologies.

The rise of consumerism has brought material abundance, but it has also introduced greater economic pressures. Rising housing prices and the burden of mortgages and car loans have become significant sources of stress in their lives. Since 2022, China's economic downturn has led to job losses or business closures for some in the 40+ demographic.

As the first generation in China to experience the internet, the 40+ population has seen a dramatic shift in how they access information, broadening their horizons. However, they also face challenges such as information overload and internet addiction.



With higher levels of education compared to their parents' generation, the 40+ population has a more awakened health consciousness and pays closer attention to their health issues.

Key Issues Faced by the 40+ Population:

- Intense workplace competition, lack of novelty and fulfillment in work, imbalance between work and life, and prolonged high-pressure states.
- Fear of being left behind in a rapidly evolving era, leading to mental stress.
- Economic pressures, including rising living costs and financial responsibilities.
- Mental stress from children's education, parents' health, and marital relationships.
- Health anxiety, as they become aware of declining physical functions and the onset of

chronic illnesses (e.g., fatty liver, hypertension, diabetes).

Mental Health Trends for the 40+ Population: Diversification, Personalization, and Digitalization, Primarily Aimed at Stress Relief

- Embracing solitude to create more personal time. Having grown accustomed to being alone, the 40+ generation finds relaxation in solo activities such as traveling, photography, exercising, binge-watching shows, scrolling through short videos, and gaming.
- Cultivating personal hobbies for further relaxation and stress relief. Examples include spa treatments, gourmet food, daily exercise, challenging new sports, sunbathing and forest walks, music and art therapy, mindfulness meditation, joyful socializing, pet ownership, and contributing to public welfare.
- Setting boundaries by saying “no” to family and colleagues. Avoiding being overwhelmed by traditional moral responsibilities and overcommitting to family or work duties, while neglecting their own inner needs.
- Accepting imperfections and lowering expectations, embracing the reality of aging and the transition into later life.
- Adopting healthy lifestyle habits to improve mental well-being: maintaining a balanced diet, engaging in moderate exercise, ensuring adequate sleep, quitting smoking and limiting alcohol, and learning to manage chronic illnesses.

18+ Population

Living in China's Most Materially Abundant Era, Yet Maybe the Most Spiritually Lost Generation



China's 18+ population (those born in the late 1980s and early 2000s) grew up during a period of rapid economic growth. While material living standards have significantly improved, they also face greater competitive pressures.

China's education system, from elementary school to university, is highly competitive, with the college entrance exam (Gao Kao) being a particularly intense source of stress. The increasing number of university graduates has led to fierce competition in the job market, with many facing the dilemma of "graduating into unemployment." Workplace competition is intense, and career development bottlenecks and uncertainties are on the rise.

Most of the 18+ generation are the only one child in their family, bearing higher family expectations. Having grown up overly reliant

on the previous two generations, the 18+ population often lacks independent living skills, financial awareness, and clear life goals or future plans. In terms of interpersonal relationships, as the second generation of only children in a collapsed extended family system, they have poor social skills and struggle with handling relationships. As adults, they are prone to workplace conflicts and often resign quickly under pressure after setbacks.

However, housing prices and living costs in first- and second-tier cities have skyrocketed, while wages have largely stagnated.

Rates of non-marriage and divorce are rising. The number of people unwilling to socialize and opting to stay at home is increasing. Many spend over six hours a day on electronic devices, lead sedentary lifestyles, and have irregular eating habits, leading to a rise in

chronic illnesses among the young (e.g., obesity, hypertension).

As digital natives, they have been exposed to the internet and social media from a young age, making digital life the norm. Online learning, remote work, and virtual socializing have become commonplace. However, the "perfect life" showcased on social media fosters comparison and feelings of inadequacy, while information overload and fake news create confusion and anxiety. Internet addiction is also a growing issue.

The 18+ generation is more willing to pay for experiences, seeking personalized and unique experiences rather than merely material possessions. They participate in immersive entertainment activities (e.g., script murder games, escape rooms, VR experiences), opt for in-depth travel, cultural experiences, or



adventure activities, and attend music festivals, art exhibitions, and cultural markets. They pursue niche cultural experiences (e.g., indie music, independent films, underground culture) that differ from those of previous generations, choose customized products or services (e.g., tailored clothing, jewelry, travel itineraries), and express their personal style through niche brands or handmade goods.

Influenced by both Chinese and foreign cultures, globalization, and cultural diversity, their thinking is more open-minded. However, unlike the previous two generations' admiration for Western culture, the 18+ generation has a stronger sense of cultural identity with China. They support domestic brands, engage with traditional culture (e.g., Chinese traditional dress, Tea Ceremonies, Calligraphy, Traditional Chinese Medicine), and participate



in cultural activities celebrating Chinese trends (e.g., Chinese traditional music festivals, traditional culture exhibitions etc).

Key Issues Faced by the 18+ Population:

- Loneliness, anxiety, declining self-esteem, depression, and self-doubt.
- Social anxiety, emotional suppression, and difficulty building deep interpersonal relationships.
- Difficulty focusing and maintaining attention.
- Career burnout and uncertainty about the future.
- Economic anxiety and a lack of security about the future.
- Low mood, health anxiety, and physical discomfort further affecting mental state.

Mental Health Trends for the 18+ Population: “Who Am I, and What Is My Purpose in This World?”

- Embracing “homebody culture” and home-centered living: Creating a comfortable home environment with a focus on interior design and smart devices. Enjoying solitude or small-scale social interactions. Staying indoors to binge-watch shows, play games, or watch live streams, while relying on food delivery and online shopping to meet daily needs.
- Choosing to “lie flat” or “resist involution” to counter societal pressures: Adopting minimalism, reducing material desires, and cutting

unnecessary consumption. Rejecting excessive competition and seeking inner peace through low-stress lifestyles. Supporting environmental sustainability and participating in second-hand trading or the sharing economy.

- Interest-driven lifestyles: Joining various interest groups or communities (e.g., photography, cycling, script murder games, esports). Learning new skills (e.g., programming, painting, music, cooking) and exploring the world through travel, camping, or hiking.
- Pursuing diversified career development: Taking on multiple jobs or side hustles (e.g., freelancing, part-time work). Building personal brands through social media and seeking career freedom and a sense of achievement.
- Health and fitness craze: Regularly going to the gym or attending yoga and Pilates classes. Focusing on healthy diets, trying vegetarian, light meals, or customized nutrition plans. Using health apps to track exercise, sleep, and dietary data. Relieving stress through spa treatments, aromatherapy, meditation, and mindfulness practices.
- Using social media to showcase life, gain inspiration, and build networks: Participating in online challenges, topic discussions, and virtual community activities.
- Pets as important companions and emotional support: Owning pets and spending on their needs (e.g., food, medical care, grooming). Engaging in pet community activities and sharing pet care experiences.

中国心理健康报告总结



中

国人迫切地希望学会与压力共处，希望能追求一种更平衡、更健康、更幸福的生活态度。

我们面对的是一个多巴胺上瘾的世界

与40年前相比，中国最年轻的一代比他们的祖辈更加抑郁、焦虑、成瘾，自杀率也更高。主要原因之一在于，他们是比上一代更追求享乐的一代，追求那些快速、短暂的快感，且这种追求永无止境。

然而，整个中国，乃至全球的导向，都是在鼓励人们追求享乐和迅速的成功，不再鼓励适度承受压力或忍耐，也没有耐心去追求长期的付出和缓慢的回报。我们如今生活在一个充斥着多巴胺的世界里，然而，这些享乐本质上更具成瘾性，追求多巴胺的最终结果往往是在多巴胺刺激过后感觉更糟，而每个人的个人差异则决定了他们能承受多少更糟的感觉。

短视频上瘾，阅读时间减少，戴降噪耳机，这些日常小习惯的改变正在重塑大脑。我们的大脑变得更加习惯于快速、碎片化的信息，却难以进行深度思考和专注。我们变得更加自我封闭，却失去了与他人沟通交流的能力。我们变得更加依赖即时满足，却难以享受延迟满足带来的成就感。

资本、技术创新和快速运转的世界创造了无限的数量、惊人的强度、无尽的新鲜感和各种各样的变化，成瘾现象几乎可以在生

活的每个领域、每个层面发生，不再仅限于毒品、酒精，几乎无法逃脱。于是，18+人群和40+人群在心理健康方面越来越多的问题，很可能来自于过度的多巴胺成瘾。

从“大家庭”到“新家庭”，在现代社会的情感连接

中国的“大家庭主义”正在逐渐消失，这是社会发展的必然趋势。城市化、人口流动、核心家庭化等因素，使得传统的大家庭模式难以维系。家庭情感也是影响心理健康的关键。因此，在现代社会应该如何探索新方式，建立起家庭般的感情，或增加家人之间的连接就尤为重要。现在已经有了一些50+的单身人群在结伴一起居住养老，因此下一代单身人群会很快跟上这个趋势。

也许在18+这一代开始，中国会出现一些“新家庭”的模式。也许这种“新家庭”不再局限于血缘关系，而是可以包括朋友、同事、邻居等任何与我们建立起深厚情感连接的人。“新家庭”可以更加注重情感的深度和质量，而非成员的数量和形式。

“新家庭”成员之间拥有共同的价值观和人生目标，彼此理解、支持和鼓励。定期组织家庭聚会，共同参与家庭活动，关注家人的兴趣爱好，互相感受到关心、爱和重视，互相帮助应对生活中的挑战和压力，提供情感支持，归属感，提升幸福感。

虽然传统的大家庭模式正在消失，但中国人对家庭情感的需求永远不会改变。

中国的心理健康趋势指向：“了解你的极限”

“阴阳相生，物极必反”是中国古代哲学的重要思想，它揭示了宇宙万物相互依存、相互转化的规律。这一理论不仅适用于自然界，也为我们理解人生和追求精神健康提供了深刻的启示。

“阴阳相生”意味着任何事物都包含着对立统一的两个方面，例如白天与黑夜、快乐与悲伤、成功与失败。这些对立面并非绝对，而是相互依存、相互转化的。没有绝对的快乐，也没有绝对痛苦，两者相互交织，构成了完整的人生体验。

而“物极必反”则提醒我们，任何事物发展到极端，都会走向反面。过度追求快乐，反而会陷入空虚；过度执着于成功，反而会招致失败；过度压抑情绪，反而会引发更大的心理问题。

流行了多年的“你能行”(You Can Do It!)口号，在这个快速发展的中国社会中，最终对很多人来讲成为了巨大的压力。因此，我们可以看到无论是60+、40+，还是18+的精神健康的新趋势都指向了“了解你的极限”。这一改变显示了中国人迫切地希望学会与压力共处，希望能追求一种更平衡、更健康、更幸福的生活的态度。也可以说是在了解到自己极限后，重新给自己设定的一种生存模式。

因此，归纳三代人在心理健康方面的共同诉求，大致可以分为下列几个方面：

China Mental Wellness Report Summing Up

Chinese people's urgent desire to learn to coexist with stress and pursue a more balanced, healthier, and happier life. It can also be seen as a redefined mode of living after understanding one's own limits.

We are Facing a World of Addiction

Compared to 40 years ago, China's younger generation today is more depressed, anxious and addicted, and has a higher suicide rate than their grandparents' generation. One of the main reasons is that they are a generation that pursues pleasure, chasing quick, short-lived gratification in an endless cycle.

And the prevailing trend in China, and indeed globally, is to encourage this pursuit of pleasure and quick success, rather than advocating for patience and the benefits of long-term effort and rewards. We now live in a world saturated with the pursuit of dopamine, the "feel-good" chemical in the brain. Yet the pleasures generated are short-lived and addictive, and the ultimate result of the dopamine rush is often feeling worse than before.

People are glued to screens, passively experiencing the instant but shallow gratification of short videos. The joy of reading, creating the images in our brains ourselves, is growing rarer. People cut off the rest of the world with the screens and noise-canceling headphones and retreat into a mental hole. They grow more isolated and lose the ability to communicate and connect with others. These shifts in behavior are quietly reshaping our brains. Our minds are becoming more accustomed to fast-paced, fragmented information, and increasingly struggle with deep thinking and sustained focus. Increasingly reliant on the "now" experience, we find it harder to savor the sense of fulfillment that comes from delayed rewards, sustained effort and long-term achievements.

Our world today, shaped by capital, technological innovation and rapid development, has created infinite amounts of stimulation of astonishing intensity, spelling-binding novelties and never-ending change. Addiction can now occur in almost every field and aspect of

life, and is no longer limited to drugs and alcohol, making it nearly impossible for people to escape. The result is increasing mental health issues among the 18+ and 40+ age groups, which ultimately stem from addiction to that chemical in our brains – dopamine.

From "Extended Family" to "New Family", Family Connections in Modern Society

The "extended family ethos" in China is gradually fading, a trend inevitable with societal development and the impact of the now-terminated one-child policy. Factors such as urbanization, population mobility, and the rise of nuclear families have made it difficult to sustain the traditional extended family model. Family emotions also play a crucial role in mental health. Therefore, exploring new ways to build family-like bonds or strengthen connections among family members is particularly important in modern society.

Nowadays, some single individuals aged in their 50s or older are choosing to live together to create a "New Family" in companionship for their retirement years. And the next generation of single individuals will likely follow this trend as time goes by.

Perhaps, starting with the 18+ generation, China may witness the emergence of some "new family" models. These "new families" may no longer be confined to blood relations but could include friends, colleagues, neighbors, or anyone with whom we establish deep emotional connections. These "new families" may place greater emphasis on the depth and quality of emotions rather than the number or form of members. Members of such "new families" may share common values and life goals, understanding, supporting, and encouraging one another. Regularly organizing family gatherings, participating in family activities together, paying attention to each other's interests and hobbies, and mutually expressing care, love, and appreciation can help everyone feel valued. They can support each other in facing life's challenges and pressures, providing emotional support, a sense of belonging, and



缓解来自四面八方的压力

- 在生活的方方面面都放弃从众，转为个性化。
- 多元化职业发展，把职场压力减低到最小。
- 独处，制造更多属于自己的时间。
- 极简主义，降低物质欲望，减少不必要的消费。
- 拒绝过度竞争，接受自己的不完美，以低压力生活方式寻找内心的平静。
- 单身主义的兴起，是对婚姻与育儿压力的对抗。
- 通过SPA、精油香薰、冥想、正念练习等方式缓解压力。
- 宠物成为生活中重要的陪伴和精神寄托。

适合自己的社交方式与连接

- 无论是线上还是线下，拥有和自己有共同兴趣的朋友圈。
- 和家人与孩子连接。
- 以“新家庭”方式和同事和朋友进行家庭般的连接。

关心自己的身心健康

- 健康和健身热潮，各种室内运动、户外活动和极限活动的流行。
- 尝试素食、轻食和定制化营养餐。
- 关心睡眠质量，使用健康APP记录运动、睡眠和饮食数据。



enhancing overall happiness.

Although the traditional extended family model is disappearing, the Chinese people's need for family emotions will never change.

The Mental Wellness Trend in China is Moving Towards: "KNOWING YOUR LIMITS"

China's mental health trend points towards: "Knowing Your Limits."

"The interplay of yin and yang, and the reversal at extremes" is a significant concept in ancient Chinese philosophy, revealing the interdependent and transformative nature of all things in the universe. This theory not only applies to the natural world but also provides profound insights for understanding life and pursuing mental health.

"The interplay of yin and yang" means that everything contains two opposing yet unified aspects, such as day and night, joy and sorrow, success and failure. These opposites are not absolute but interdependent and mutually transformative. There is no absolute joy, nor absolute pain; the two are intertwined, forming a complete life experience.

Meanwhile, "the reversal at extremes" reminds us that anything pushed to its limit will reverse its course. Excessive pursuit of hap-

piness can lead to emptiness; excessive obsession with success can result in failure; excessive suppression of emotions can trigger greater psychological issues.

The long-popular slogan "You Can Do It!" has, in China's rapidly developing society, ultimately become a source of immense pressure for many. As a result, we can see that the new mental health trend, whether among the 60+, 40+, or even the 18+, is pointing towards "Knowing Your Limits." This shift reflects the Chinese people's urgent desire to learn to coexist with stress and pursue a more balanced, healthier, and happier life. It can also be seen as a redefined mode of living after understanding one's own limits.

Therefore, summarizing the common demands of three generations in terms of mental health, they can roughly be divided into the following aspects:

Alleviating Pressure and Distress from All Directions

- Abandon conformity in all aspects of life and embrace individuality.
- Pursue diversified career development to minimize workplace stress.
- Seek solitude and create more personal time.
- Embrace minimalism, reduce material

desires, and cut unnecessary consumption.

- Reject excessive competition, accept imperfections, and seek inner peace through a low-stress lifestyle.
- The rise of singlehood as a response to the pressures of marriage and parenting.
- Relieve stress through spa, aromatherapy, meditation, mindfulness practices, and more.
- Pets becoming important companions and emotional support in life.

Social Connections That Suit Individual Needs

- Build circles of friends with shared interests, whether online or offline.
- Strengthen connections with family and children.
- Foster family-like bonds with colleagues and friends through "new family" models.

Caring for Physical and Mental Health

- Join the health and fitness craze, embracing indoor exercises, outdoor activities, and extreme sports.
- Experiment with vegetarianism, light meals, and customized nutrition plans.
- Prioritize sleep quality and use health apps to track exercise, sleep, and dietary data.

中国三线及以下城市心理健康趋势

In China's Third-Tier and Below Cities

中国的三线及以下城市的心理健康问题虽然不如一线城市突出，但依然普遍存在。

由于整体教育水平比较低，在心理健康方面的宣传力度不够，公众对心理健康的认知水平普遍低下，社区心理健康服务也十分缺失，导致针对性的支持和干预几乎是缺失的。

由于传统中国文化观念的影响，心理健康问题常被污名化，许多人认为心理问题是“矫情”或“软弱”，不可以也不愿意寻求帮助，强调“忍”和“扛”，导致心理问题被忽视或拖延。

虽然生活成本较低，但收入水平也很低，低收入群体面临较大的经济压力。就业机会有限，职业发展空间较小，导致职业倦怠和对人生的迷茫。

年轻人群体向一线二线城市的外流，造成人口结构中的大部分为空巢老人和留守儿童。

三线以下城市的心理健康主要靠政府推动

目前中国政府正在增加资源投入，以建立更多的心理咨询中心和精神卫生机构，聚集心理健康方面的医疗资源和人才。

提高公众认知，通过社区活动、媒体宣传等方式普及心理健康知识，减少病耻感。在社区、学校和工作场所开展心理健康筛查，早发现、早干预。

建立社区心理健康支持网络，提供心理咨询、团体辅导等服务。推广线上心理咨询平台，弥补线下资源的不足，鼓励使用心理健康类APP，帮助人们记录情绪、学习减压技巧。

通过政策支持吸引企业投资，提供职业培训和再教育机会，增加就业。鼓励年轻人从压力大的一线、二线城市回到自己的家乡，参与家乡建设。

针对空巢老人、留守儿童开展专项心理健康服务。为低收入群体提供免费或低价的心理健康服务。



Although mental health issues in China's third-tier and lower-tier cities are not as prominent as in first-tier cities, they remain widespread. Due to generally lower education levels, insufficient public awareness campaigns about mental health, and a lack of community-based mental health services, there is almost no targeted support or intervention available.

Influenced by traditional Chinese cultural attitudes, mental health issues are often stigmatized. Many people view psychological problems as “overly sensitive” or a sign of “weakness,” leading them to avoid seeking help. The emphasis on “enduring” and “persevering” results in mental health issues being ignored or delayed.

While the cost of living is lower, income levels are also significantly lower, placing substantial economic pressure on low-income groups. Limited job opportunities and narrow career development prospects contribute to job burnout and a sense of aimlessness in life.

The outflow of young people to first- and second-tier cities has led to a demographic structure dominated by left-behind elderly and children in these regions.

Government-Driven Mental Health Initiatives in Third-Tier and Below Cities

The Chinese government is currently increas-

ing resource allocation to establish more psychological counseling centers and mental health institutions, aiming to gather medical resources and professionals in the field of mental health.

Efforts to raise public awareness include promoting mental health knowledge through community activities and media campaigns to reduce stigma. Mental health education is being conducted in communities, schools, and workplaces to enable early detection and intervention.

Community-based mental health support networks are being developed to provide services such as psychological counseling and group therapy. Online psychological counseling platforms are being promoted to compensate for the lack of offline resources, and the use of mental health apps is encouraged to help people track their emotions and learn stress-relief techniques.

Policy support is being used to attract corporate investment, offer vocational training, and provide re-education opportunities to increase employment. Young people are being encouraged to return from high-pressure first- and second-tier cities to their hometowns to participate in local development.

Specialized mental health services are being introduced for left-behind elderly and children. Free or low-cost mental health services are being made available to low-income groups.