



Wellbeing Insights

The Ten Biggest Worries

Each year, thousands of young people across Australia open up in Mission Australia's Youth Survey — a powerful annual pulse check on what's really going on in their lives. From this data, a clear picture emerges: ten consistent worries, appearing year after year, in the minds and hearts of young people.

But here's something worth pausing to notice: if we asked adults the same questions, we imagine the list wouldn't look all that different.

This overlap reminds us of something important — having a worry is not a weakness. It's a signal. It shows you care. What worries us often reveals what we care about most.

Rather than trying to eliminate worry, at *My Manifesto* we aim to help people understand it, manage it, and take meaningful action aligned with their values. Creating a personal manifesto — a private declaration of your wisdom and intentions — can be one of the most powerful ways to do this. When you name what you care about most, you begin to live more clearly and bravely.

Here are the ten most common worries of young people — along with our interpretation of the ten deepest cares they represent:



My Body

“I worry about how I look and constantly find myself comparing my body to others.”

This worry reveals a deep care about self-acceptance, wellbeing, and belonging. It's a longing to feel at peace in your own skin.

My Environment

“I feel frustrated that governments, organisations, and schools aren't doing enough.”

This shows a care for the planet, for justice, and for future generations — a passionate desire to live in harmony with nature.

My Family

“Sometimes it feels like family can be just as stressful as it is important.”

Beneath this is a love of connection, stability, and a wish for stronger relationships with those who matter most.



My Friends

“I worry about fitting in and staying connected.”

This worry is rooted in care — for inclusion, trust, loyalty, and friendship.

My Future

“I wonder if I’ll make the right choices.”

It’s not just a fear — it’s care for one’s path, for purpose, for building a meaningful life.

My Health

“I worry about my mental health and whether I’m coping well enough.”

This speaks to the care for inner peace, strength, and hope — for surviving and thriving.

My Identity

“I wish I felt more secure in who I am.”

This reveals a care for authenticity, self-understanding, and the freedom to be your true self.

My Learning

“Even when I do well, I feel uncertain about what comes next.”

At the heart of this worry is a care for growth, purpose, and feeling capable and prepared.

My Safety

“I worry about my safety in a world that sometimes feels dangerous.”

This is a yearning for trust, protection, and a sense of security — both physically and emotionally.

My Technology

“I struggle to switch off.”

This worry reflects a care for balance, presence, and true connection — not just curated moments online.

Worry, when acknowledged and understood, becomes a gateway to wisdom. By creating a personal manifesto, people of all ages can name their biggest cares and take brave steps aligned with their values and what they can control.

Because life really is better when you know what matters most, and have your personal manifesto as your guide.