

STRESS IN A CONNECTED WORLD



PEOPLE SPEND AN AVERAGE OF **2.1 HOURS A DAY** CONNECTED TO SOCIAL MEDIA



FOR TEENS IT'S **2.7 HOURS**

PEOPLE ARE SPENDING **460 MINUTES A DAY** ON DIGITAL MEDIA



WE ARE CONSTANTLY CONNECTED. MORE INTERACTIONS, LESS INTIMACY.

MORE THAN **1 IN 3 AUSTRALIANS**

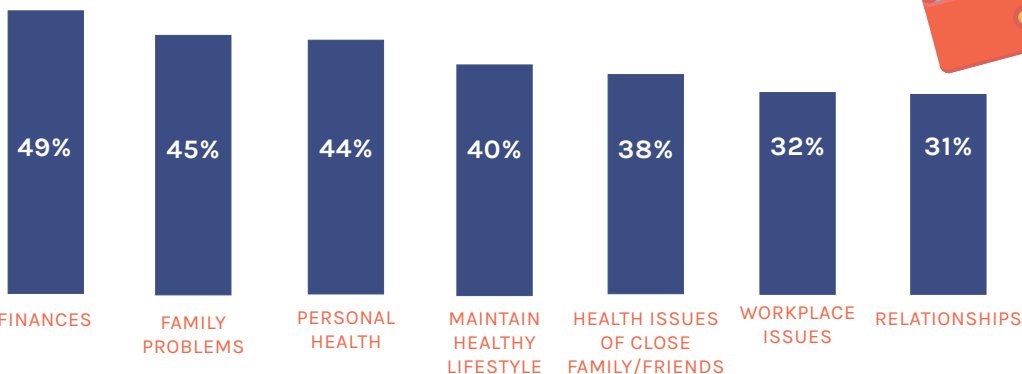


EXPERIENCE HIGHER LEVELS OF ANXIETY AND/OR DEPRESSION SYMPTOMS



- 35% REPORT EXPERIENCING DISTRESS
- 36% REPORT EXPERIENCING DEPRESSION SYMPTOMS
- 26% REPORT EXPERIENCING ANXIETY SYMPTOMS

THE MAJOR CAUSES OF STRESS FOR AUSTRALIANS:



AUSTRALIANS ARE DEALING WITH **DAILY STRESS** BY:



85%

WATCHING TV OR MOVIES



81%

POSITIVE THINKING



81%

SOCIALISING WITH FRIENDS OR FAMILY



80%

LISTENING TO MUSIC



51% USE SOCIAL MEDIA



30% DO SOMETHING SPIRITUAL

BUT ARE THESE THINGS SATISFYING?

Research shows that Christian retreats provide restorative environments which promote holistic wellbeing.

NEW RESEARCH REVEALS THE IMPACT OF **CAMPS, CONFERENCES AND RETREATS.**

MOST SIGNIFICANT ACTIVITY COMING TO FAITH **FOR 15 - 29 YEAR OLDS**

- 1 CHURCH OR MASS **36%**
- 2 YOUTH GROUP **29%**
- 3 **CHRISTIAN CAMP** 21%
- 4 SUNDAY SCHOOL **13%**
- 5 SCHOOL SCRIPTURE **12%**

1. FAITH FORMATION



1 IN 10

MADE A FIRST-TIME FAITH DECISION AT
A CAMP OR CONFERENCE



1 IN 5

MADE A RE-COMMITMENT AT A
CAMP OR CONFERENCE

15 - 29 YEAR OLDS



16%

SAID A CAMP PLAYED A
SIGNIFICANT ROLE IN
THEIR CONVERSION



28%

SAID A CAMP PLAYED A
SIGNIFICANT ROLE IN A
RE-COMMITMENT



80%

MAKE THEIR FIRST
FAITH DECISION
BEFORE 20

87%

MAKE THEIR FIRST
FAITH DECISION
BEFORE 30

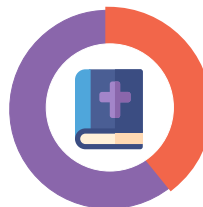
2. COMMUNITY AND RELATIONSHIPS



39%

SAID THAT CAMPS HELP TO FOSTER AND
BUILD STRONGER RELATIONSHIPS WITH
OTHERS IN CHURCH

3. REFLECTION



37%

SAID THAT CAMPS HELP BY
GIVING THEM TIME AWAY
FROM GENERAL BUSYNESS
TO FOCUS ON THEIR
RELATIONSHIP WITH GOD

28% BELIEVE THAT THEIR CHURCH HAS
TOO LITTLE OR FAR TOO LITTLE
COMMITMENT TO EVENTS SUCH
AS CHRISTIAN CAMPS, RETREATS
AND CONFERENCES.

58% SAY CAMPS, CONFERENCES
& SPIRITUAL RETREATS
ARE IMPORTANT FOR
STRENGTHENING
THEIR FAITH.

