

《而立之年的焦虑》

导读:很多30多岁的人总是感到这样或那样的焦虑,具体都有些什么呢?

When Liu Hui (pseudonym) made a wish in front of her birthday cake after a lovely dinner with her friends, she refused to blow out the candles. Seeing the candle light swaying, she found it hard to accept the fact that she was turning 30. A deep sense of anxiety arose in her heart and quickly overwhelmed her.

"I can't believe that I'm already 30. I still feel like a child. The mere thought of getting married and building a family, and whatever else a 30-year-old is supposed to do, make me feel upset and lost," she said.

Liu, who has been working in Beijing for four years after finishing her postgraduate education at a top university, seems to have it all: the decent job, excellent academic background, and an attractive face. However, she often feels uncertain about her future and the sense of anxiety got increasingly stronger as she approached 30.

Her life mirrors that of many young Chinese in their 30s, especially if they live in first-tier cities. Still young, yet already on the way to middle age, China's 30-somethings are facing a series of life decisions, such as marriage, starting a family, a long-term career path and so on, which makes them more likely to experience anxiety and stress than other age groups.



The pressures of real life, the fast development and change of modern society, and the general immaturity and lack of preparedness among many of China's 30-somethings is a recipe for life-stress anxiety.

