

TOXIC ACHIEVEMENT CULTURE

AMONG YOUTH

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Dialog



WHAT'S THAT?

Toxic achievement (aka toxic productivity) describes the phenomenon when people encourage the idea of unstoppable productivity and the desire to constantly achieve any kind of success, while ignoring their emotional and physical needs.



DANGERS OF TOXIC ACHIEVEMENT CULTURE

1 BURNOUT AND STRESS

2 DECLINING MENTAL HEALTH

**HIGH TURNOVER
RATES**

3

4 CREATIVITY SUFFER



WHAT COULD CAUSE THIS FEELING?



INSTAGRAM



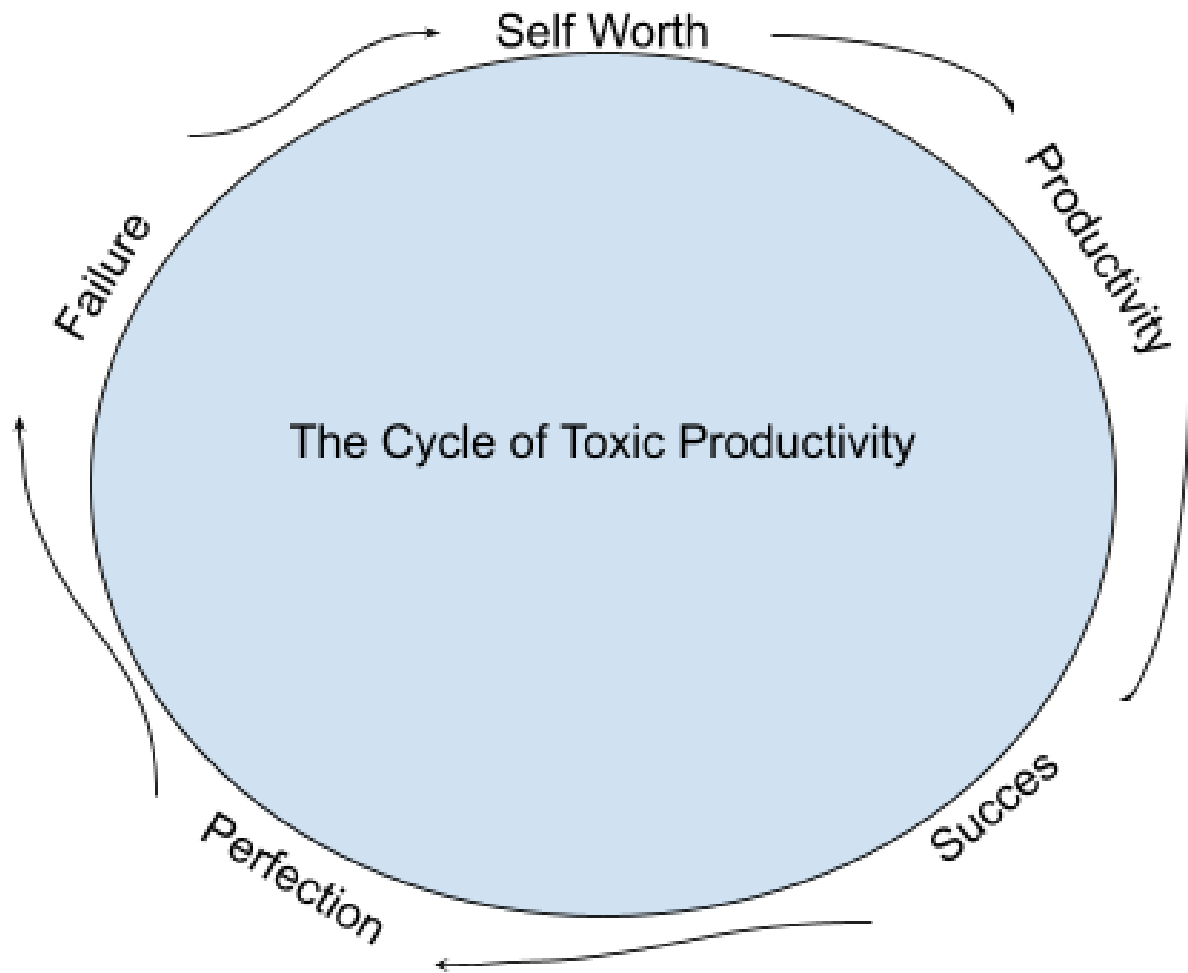
REAL LIFE

- fake social media
- propaganda of productivity in films, books
- psychological traumas
- family pressure

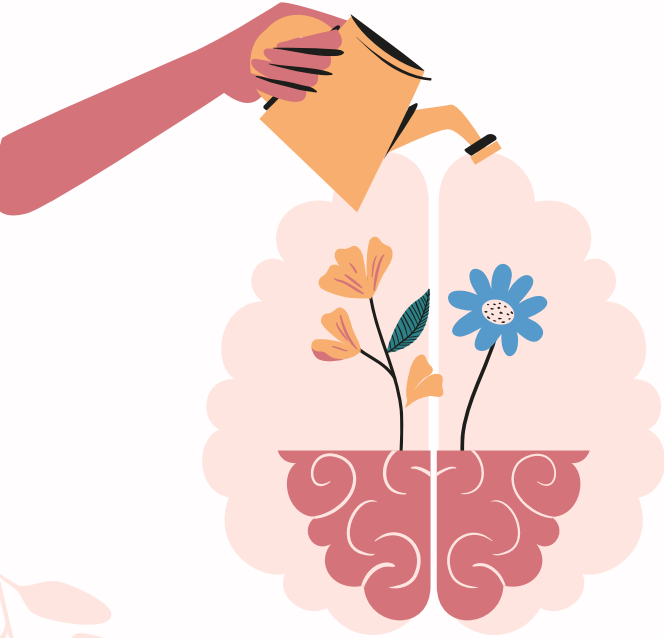
TOXIC ACHIEVEMENT FOR YOUTH

Tired of part-time job, or simply of studying in university, many young people, having been deceived, feel worthless. As if they are not trying hard enough, they are doing something wrong, they are following the wrong path and in general success is the main thing in life.





WHAT SHOULD WE DO?

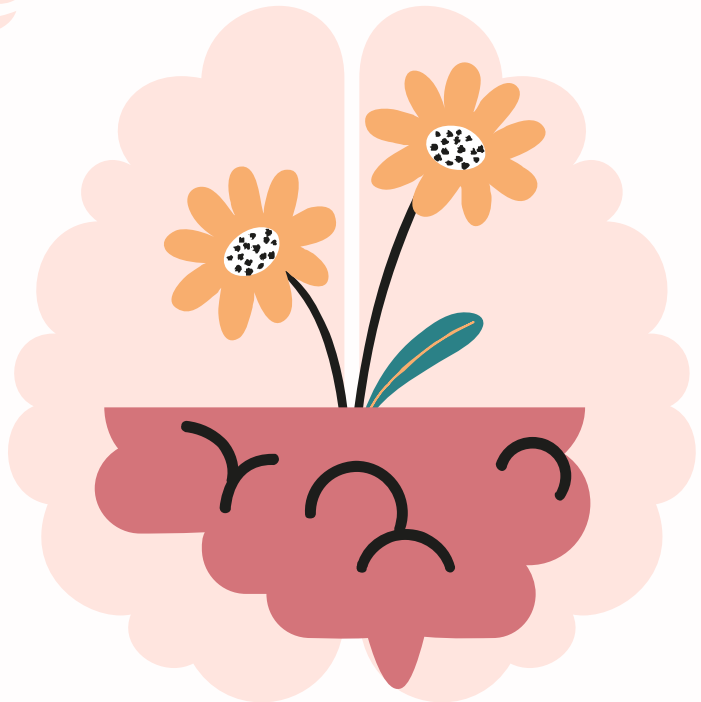


- *do not consume toxic content*

- *remember your special features*

- *do not compare yourself to other people*

- *set your goals correctly*



**YOU ARE
THE BEST**

