

Newport Institute reports 1 in 3 adults, aged 18 to 29 experience extreme loneliness. Harvard Graduate Institute of Education reports that 58% of adults aged 20 to 33 experience no purpose or meaning in life. In this piece we follow Dolly, as she navigates her 25<sup>th</sup> year of life, she experiences feelings of loneliness, helplessness, decreased motivation, & associated emotional distress. As her friend's progresses through life, she finds herself falling behind. She starts looking for distractions & solutions, no matter how harmful they may be. Many adults, current or in the past, struggle as they progress into adulthood. There are more expectations, rules, and consequences. However, studies have found that if you take a step back and ask for help, those emotions become a lot more manageable.