Table S1: Category System that Emerged from the Data of Question 1: " What currently gives you the most cause for concern?"

Table S1. Category System that Emerged from the Date of Question 1: " What currently gives you the most cause for concern?"

Categories	*n*	%
Inflation/Finances	**294**	**30.4%**
Inflation	181	18.7%
Finances	113	11.7%
War in Ukraine	**212**	**21.9%**
Mental health	**101**	**10.5%**
Uncertainty/Anxiety	30	3.1%
Stress/Overburden	21	2.2%
Mental Health	14	1.4%
People	11	1.1%
Death of Relatives	8	0.8%
The Weather	7	0.7%
Loneliness	6	0.6%
Life/Everything	4	0.4%
Physical health	**101**	**10.5%**
Physical Health	81	8.4%
Disease in the Family	20	2.1%
Pandemic	**90**	**9.3%**
Sociopolitical Development	**88**	**9.1%**
Political and Social Developments	38	3.9%
Climate Change/Environmental Problems	22	2.3%
Situation in the World	16	1.7%
Media	8	0.8%
Refugees	4	0.4%
Family/Relationship and Interpersonal Problems	**80**	**8.3%**
Self-Related	42	4.3%
Relationship Problems	23	2.4%
Family Problems	16	1.7%
Nothing	**64**	**6.6%**
No Burden	58	6.0%
No Idea	6	0.6%
Work/Unemployment	**64**	**6.6%**
School/Education/Study	**38**	**3.9%**
Restrictions	**34**	**3.5%**

Table S2: Category System that Emerged from the Data of Question 2: "What currently provides you with the most support?"

Table S2. Category System that Emerged from the Date of Question 2: "What currently provides you with the most support?"

Categories	*n*	%
Social Contacts	**345**	**36.2%**
Family Support	145	15.2%
Friends/Colleagues/Classmates	82	8.6%
Conversation with Family/Friends	55	5.8%
Partner	39	4.1%
My Children/Grandchildren	16	1.7%
Time with Family/Friends	8	0.8%
Recreational Activities	**218**	**22.9%**
Leisure Activities	63	6.6%
Walking/Nature	51	5.4%
Sports	38	4.0%
Silence and Relaxation	32	3.4%
Music	16	1.7%
Hobbies	13	1.4%
Reading	5	0.5%
Attitude and Abilities	**209**	**21.9%**
Personal Attitude	68	7.1%
Positive Attitude	41	4.3%
Myself	29	3.0%
Faith	23	2.4%
Mental Skills	14	1.5%
Planning/Structuring	12	1.3%
Meditation	9	0.9%
Problem Solving	7	0.7%
Show Emotions	6	0.6%
Nothing	**109**	**11.4%**
Nothing	90	9.4%
Nobody/no Help	19	2.0%
Distraction	**85**	**8.9%**
Distraction	35	3.7%
Social Media	15	1.6%
Sleep	14	1.5%
Alcohol/Cigarettes	8	0.8%
Drugs	8	0.8%
Retreat	5	0.5%
Work/Save Money	**84**	**8.8%**
Work	39	4.1%
Save Money	33	3.5%
Money	12	1.3%
Professional Help	**42**	**4.4%**

Psychotherapy	21	2.2%
Medical Treatment	12	1.3%
Medication	9	0.9%
Media and News	**32**	**3.4%**
Reduce News	22	2.3%
News	10	1.0%
I do not know	27	2.8%
No Problem	16	1.7%
No Idea	11	1.2%
Displacement	**19**	**2.0%**
Pets	**11**	**1.2%**
School and Education	**9**	**0.9%**
Others	**9**	**0.9%**