

Your Future Self
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Estimates: 87, 79

Physically my future is not looking too bright. My family has a history of heart disease, neurological disease, autoimmune disease, and who knows what else. Both of parents smoked and drank heavily, like their parents before them. My mother did both while pregnant (thanks, mom!). I can only imagine the toll all of this will take on me over the years, especially when statistically I'm quite likely to follow in their footsteps. And hopefully by the time I'm old they'll be able to grow me some new organs in a lab.

Socially I think that my generation has it considerably better than the last. Video games are one of the things that define my childhood, like so many others, and I can guarantee that by the time I'm in an old people home there will be video game consoles all over the place. I am a little worried that the mental health issues that my generation faces, myself included, may come back to haunt us, especially in a social sense. Social anxiety is no joke and I can only hope that it doesn't make me more of a shut in than old people already tend to be.

Finances already have me spooked and I'm only 19. College on top of a booming housing market make credit seem like the only way to live, which is very depressing. Throw on top of that the fact that social security probably won't even exist by the time I'm old enough to get any makes me want to move to another country, not even joking. The only upside is that I'm going for computer science which pays well and I shouldn't have any trouble finding jobs. I still think money will be one of the biggest problems facing my generation in age, though.

I already mentioned some of the mental issues my generation faces. I've faced depression and social anxiety and I firmly believe that I'm one of the lucky ones. I can't even imagine the toll it will take on a society level by the time we're all old. At least mental health problems are no longer the stigma they used to be, but you can't ignore the fact that it's a problem and one we don't really know how to face. It may harden us for the emotional changes of aging, or it may break our spirits, I just don't know.

Personally I don't think spiritual concerns will ever be a priority of mine. Like many of my peers I've never held religion as a priority in my life and I don't think it ever will be. I'm a math guy, I like things that I can prove, things I can feel. When death comes knocking I don't want to think I might've wasted my time preparing for what's next when I could've focused on doing things I know are worth it. I'll focus on my legacy. The people I'll impact, the things I'll accomplish. I think many of my peers will do the same and I'm hoping this leads to greater accomplishments and community involvement among the older communities, but only time will tell.