



Malestrum

Preview: A Resource Guide for the Gen Z Male

Presented by [Malestrum](#) | info@malestrum.com

Table of Contents

1. [Introduction](#)
 2. [What This Guide Covers](#)
 3. [Identity & Mental Health](#)
 4. [Work & Purpose](#)
 5. [Relationships & Connection](#)
 6. [Masculinity in 2025](#)
 7. [Tech, Gaming & AI](#)
 8. [Tools & Resources](#)
 9. [Bonus: More Real Talk](#)
 10. [About Malestrum](#)
-

Introduction

Welcome to **Malestrum's Resource Guide for the Gen Z Male**. This short guide is designed to help you think, reflect, and grow— not by telling you who to be, but by offering tools and real talk so you can decide that for yourself. Whether you're feeling lost, fired-up, or just curious, there's something here for you.

What This Guide Covers

- **Identity** – Who am I, really?
- **Work & Purpose** – What am I supposed to do with my life?
- **Relationships & Connection** – Why does everything feel disconnected?
- **Mental Health** – What's going on in my head, and what can I do about it?
- **Modern Masculinity** – Strength, sensitivity, and self-worth
- **Tech, AI & Gaming** – What's real and what's distraction?

- **Tools & Resources** – Prompts, reading lists, and support
-

Identity & Mental Health

Let's be real: a lot of Gen Z guys are struggling. Anxiety and depression rates are rising, and many of you feel isolated, aimless, or angry. That doesn't mean something is wrong with you— it means something is off with the world we're all trying to figure out.

You're *not* broken. But you might be exhausted from trying to hold it all together.

Ask yourself

- What parts of me are real, and what parts are performative?
- What do I actually want?
- Who am I trying to impress, and why?

If you ever feel like you can't get out of bed or your thoughts get dark, reach out. Call or text **988** (USA) or visit 988lifeline.org.

What to read more?

- Get full access by subscribing: <https://malestrum.com/#/portal/>