Tinder Newsroom

World Mental Health Day 2025: Tinder Launches Mood Cards to Help You Date with Intention and Self-Care

In today's fast-moving dating world, emotions can run high, from the spark of a new connection to those "just not feeling it" moments. On this World Mental Health Day and every day of the year, Tinder is here to celebrate the full spectrum of feelings, encouraging Gen Z to slow down, set boundaries, and prioritize their well-being.

Tinder's Modern Dating Report[1] revealed that:

- 71% of Gen Z believe dating today is healthier because it's more open, honest, and mental health focused
- 37% say emotional intimacy is the hardest part of dating
- 34% struggle to manage their own emotions, while 32% find handling rejection most challenging
- 30% prioritize personal growth and well-being as a top goal for the next three years

To bring these insights to life, Tinder introduces **Mood Cards** — a 52-card deck that pairs your mood with a quick self-care tip from **Dr. Chandni Tugnait, Tinder's Relationship Expert in India,** and a Tinder feature to help you navigate the feels of modern dating.

Pick a card, take a picture, and tag us @tinder_india. **Download your own set of Tinder Mood Cards today and see what vibe you're bringing!**

Download Tinder Mood Cards → Here

[1]A OnePoll Survey among Tinder users aged 18-25 in IN who are single and use dating apps. Data was collected between 15/7/2024 - 23/7/2024

Additional assets available online: Photos (4)

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