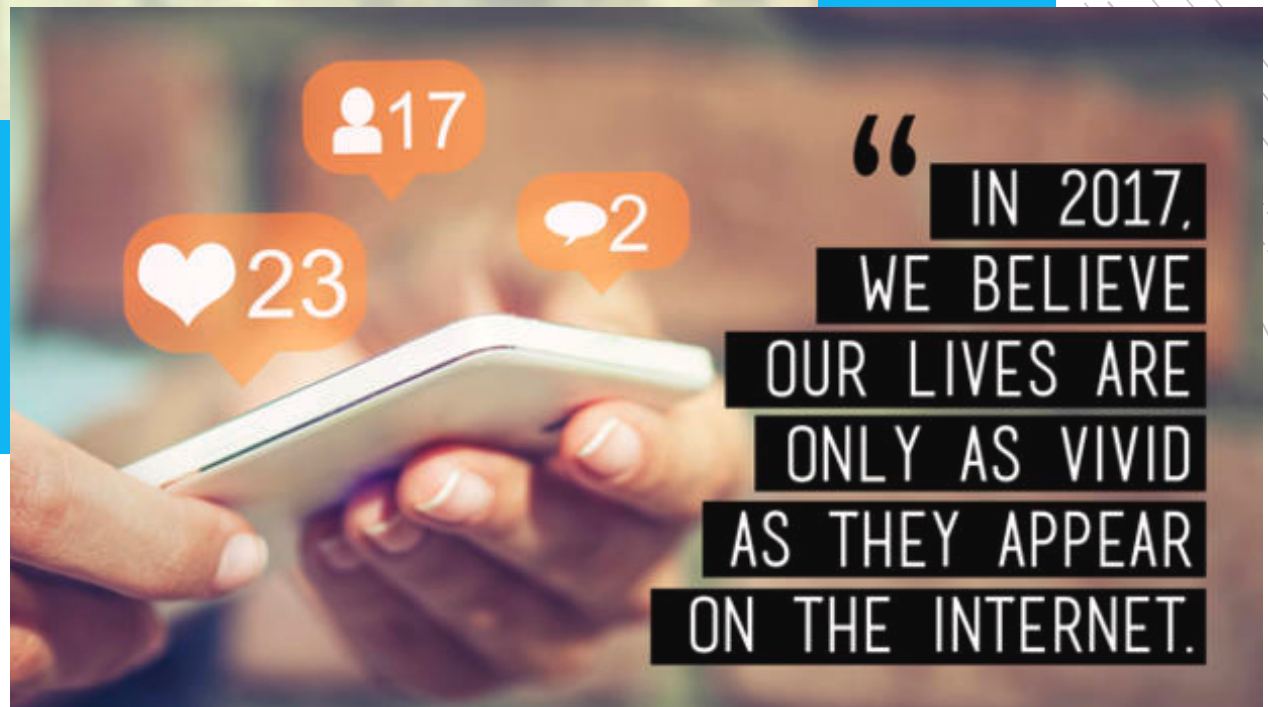


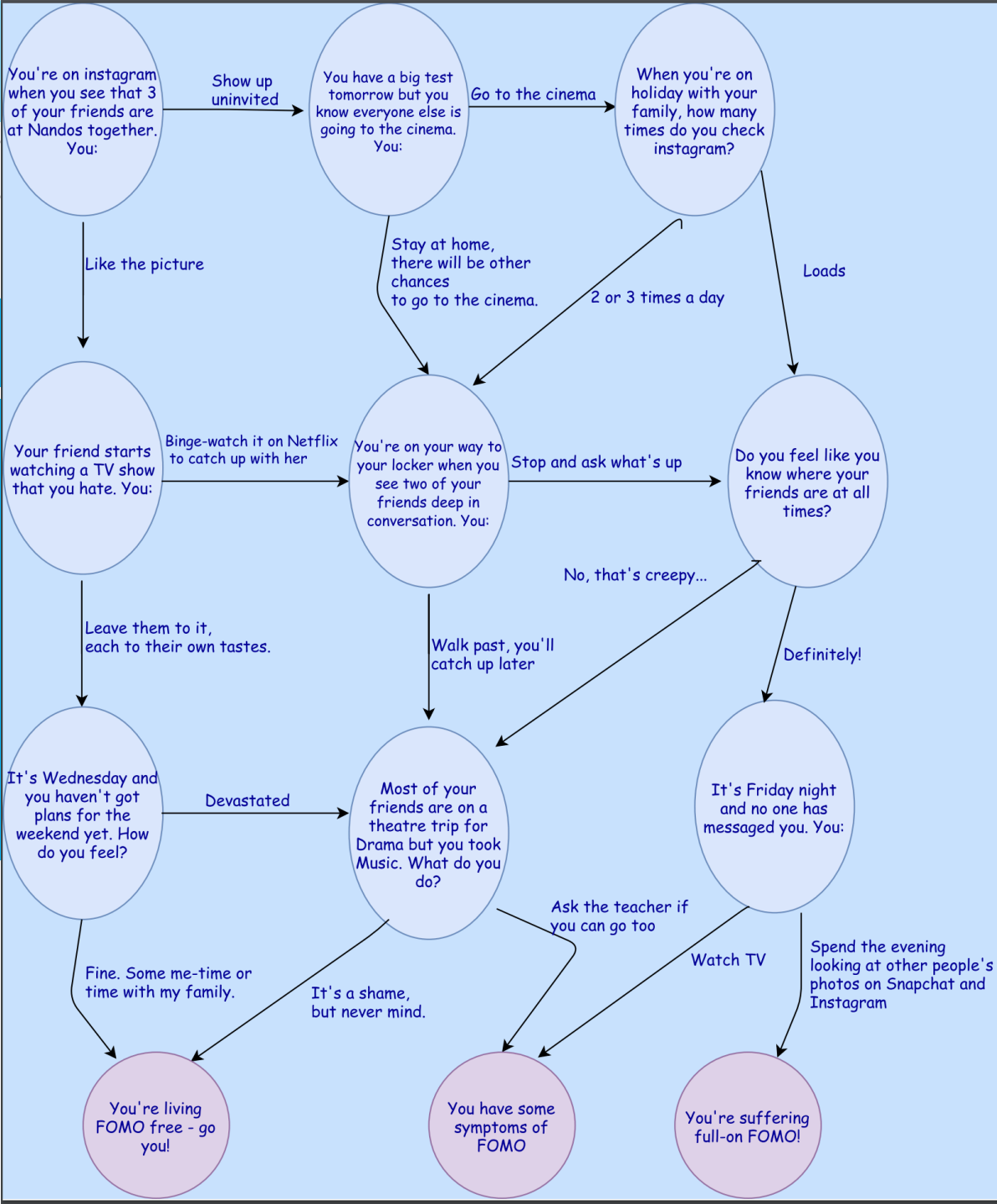
# WHAT IS FOMO?

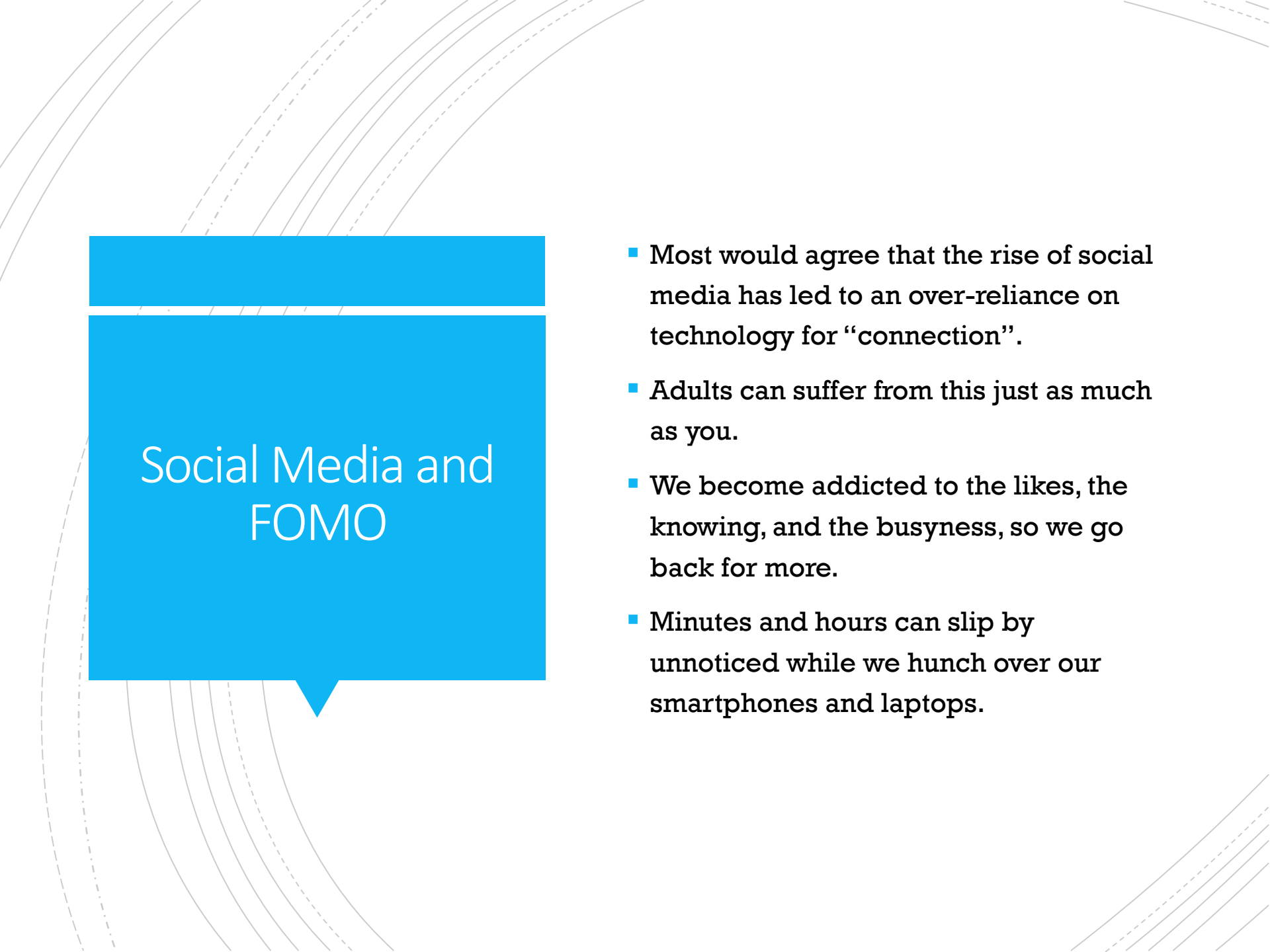
*“fear of missing out”*

According to *Urban Dictionary* it is “the state of mental or emotional strain caused by the fear of missing out; a compulsive concern that one might miss an opportunity or satisfying event.”



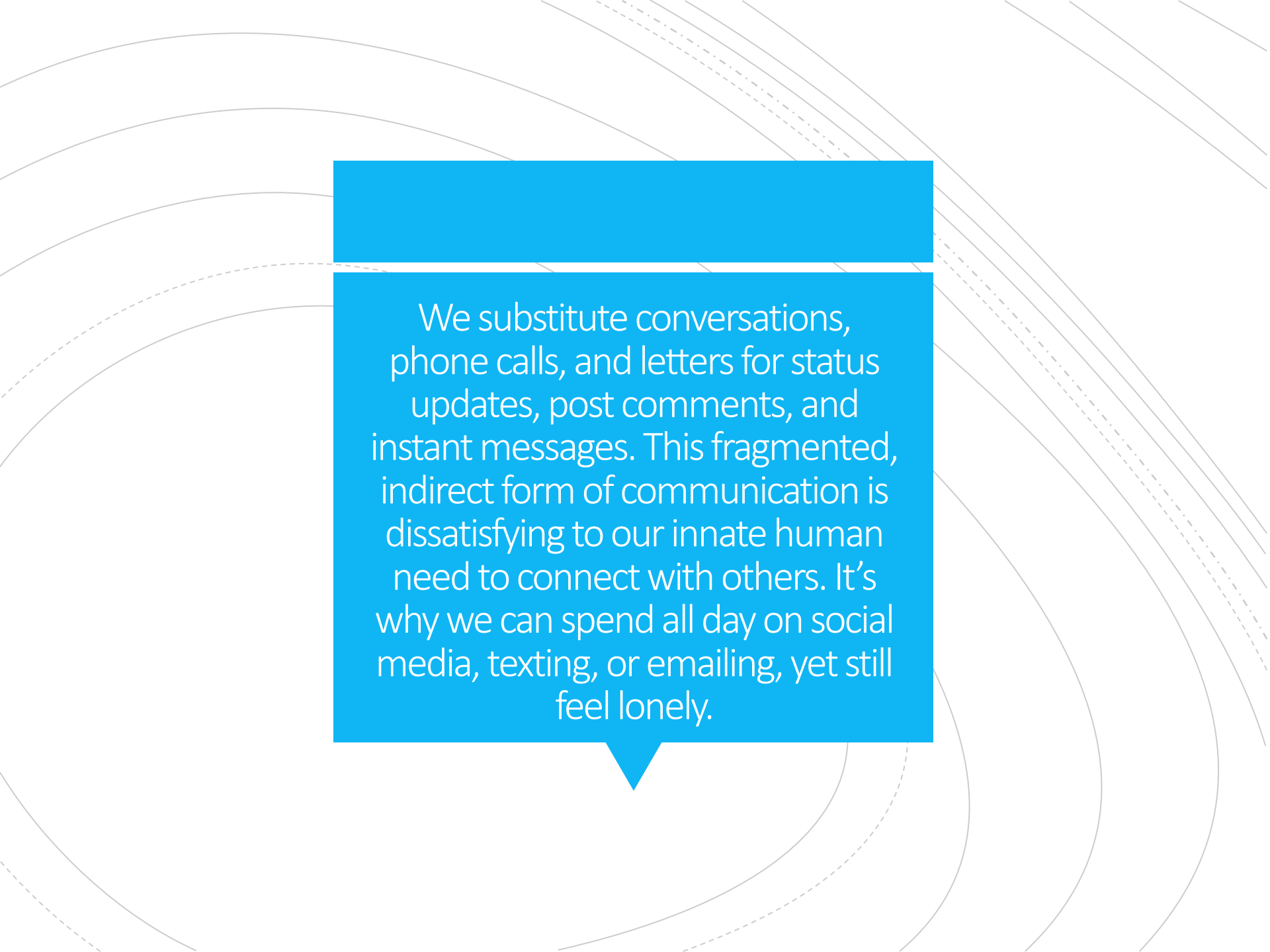
# HOW BAD IS YOUR FOMO?






## Social Media and FOMO

- Most would agree that the rise of social media has led to an over-reliance on technology for “connection”.
- Adults can suffer from this just as much as you.
- We become addicted to the likes, the knowing, and the busyness, so we go back for more.
- Minutes and hours can slip by unnoticed while we hunch over our smartphones and laptops.

The background features a series of concentric circles and curved lines in a light gray color, creating a sense of depth and movement. A solid blue speech bubble is positioned in the center, containing white text. The speech bubble has a rectangular body and a triangular tail pointing downwards.

We substitute conversations, phone calls, and letters for status updates, post comments, and instant messages. This fragmented, indirect form of communication is dissatisfying to our innate human need to connect with others. It's why we can spend all day on social media, texting, or emailing, yet still feel lonely.

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We're human. We love to feel part of something. It's in our nature to be tribal and we're wired for connection. But participating in an activity merely because we're afraid of missing out misses the point.

# Compare and Despair

Feeling like you can't live up to the idealised version of yourself that is created on the internet.

- Surrounded by pictures of people who seem to be having an amazing time with their friends? Going on holiday to exotic places? Do amazingly at everything with seemingly no effort?!
- They didn't post when they fell out with their best friend did they? They didn't brag when they didn't do so well in that test? Or when they were on their own at the party? **No one does that. Social media just shows the best bits.**
- Where are the pictures of people cleaning toilets, doing the dishes, watching TV in their PJs?

## Embrace JOMO - The Joy of Missing Out

- 1) More time to do what you really want to do.
- 2) Spontaneity – what would you do if you had no plans? How do you actually want to spend that time?
- 3) Wake Up! Excess technology dulls the senses and deadens the emotions. Therefore, it's often used as an avoidance strategy. We don't want to feel bored, lonely, sad, or frustrated, so we turn to our smartphones for a fix.
- 4) Slow down – appreciate the little things you've been missing out on.



# 5 GREAT TIPS TO OVERCOME

FOMO

(FEAR OF MISSING OUT)

1 LIMIT YOURSELF FROM  
USING SOCIAL MEDIA

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2 NEVER COMPARE YOURSELF  
WITH OTHER'S LIVES

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3 MINIMIZE YOUR  
DISTRACTIONS BY TURNING  
YOUR PHONE OFF.

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4 DO THINGS THAT MATTER TO YOU. SWITCH TO ENJOYING  
YOUR CURRENT LIFESTYLE THAN UPDATING IT ONLINE.

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5 KEEP IN MIND THAT "YOU CANNOT DO IT ALL". YOU  
CANNOT BE IN TWO PLACES AT ONE TIME.

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"Choose, just from **time to time**, to **actively miss out**. Think: I'm going to have a **week off** WhatsApp to see how not being **bombarded with messages** makes me feel. Think: I'm **not going to worry about not being invited** to the party that everyone else seems to be invited to and seems to be having such an amazing time at – **if the party's so amazing, how come they have time 40 minutes in to post 400 pictures?** I am going to enjoy my **time to myself** – the JOMO for every moment of this evening because **I am doing what I love doing**. For me. Because **I am enough**."

So the challenge to our pupils was simple: during the weeks and months, to **take some JOMO time**. I asked them to **send me a line or two about how it felt**, or **what they did**, or any **differences it's making**: "If you want to send me a pic of you in your PJs in front of the telly, or reading at home, or having a coffee with a close friend or member of your family, please do. We'll build together a **cache of evidence that switching off, literally and metaphorically, really can bring the joy back into our lives**."

And many of them did, citing the **old-school movie night they had with friends where they turned their phones off and just enjoyed being with each other**, or the tales of joy from the World Challenge girls who had a fortnight without Wifi on their expedition and didn't miss it once – quite the opposite – and then, of course, there are the girls who have been sending me pictures of themselves cleaning the loo...



My challenge →

What's yours?

- Deleted the Facebook app from my phone. If I really want to go on there I'll have to go on the website.
- Switched off Twitter notifications – the mentions, replies and RTs will still be there when I get around to opening the app in my own time.
- Keep a log of when I've contacted my old school friends. Something visible will make me realise how bad I am at it...

Let me know what you decide to do, come and tell me how it's going or drop me an email with a photo if you want.

I'd love to be able to share what some of you are doing (only if you say I can).

Challenge me – ask me how I'm getting on with my goals!