

# No Mo' FOMO

## Turning 'FOMO' into 'JOMO'

The fear of missing out (otherwise known as FOMO) typically takes on two forms: indecisiveness and jealousy. Social media takes FOMO to a new level, as we can constantly track what everyone else is doing through their posts. Let's explore how we can turn FOMO into 'JOMO' - the joy of missing out!



## Instructions

1

### PUT YOUR PHONE DOWN

If you're scrolling through your social feeds and feel a case of FOMO coming on, immediately put down your phone, take a breath, and say three nice things about yourself.

2

### IDENTIFY

Identify what it is you're feeling. Are you feeling overwhelmed? Jealous? Indecisive? Write it down.

3

### RETHINK

Write down 5 things you're grateful for or looking forward to right now.

4

### REDIRECT TO FIND JOMO

It's now time to find JOMO - the joy of missing out. Once you've redirected your thinking, keep building that positive momentum! Instead of returning to your phone, find something that brings you joy (e.g., playing with a pet, reading a book, going for a walk, or making your favorite meal).

Stepping away from the hustle and bustle helps you to be present, enjoy what's around you, and connect with others and yourself in real-time.

## Reflections & Actions

Write down your best JOMO ideas:

What tools or mantras can you use to remind yourself to step away from your phone when it's bringing you down and do something else instead?