

FOMO

Fear of missing out

- **Getting unnerved on missing out an opportunity.**



- **Constant feelings of being left out**

- **Keeping tabs on what others are doing**

- **Constantly posting on social media**

- **Wanting to be everywhere & doing everything**

- **Fearing that others are having more rewarding experiences.**

Tips to Overcome FOMO

- **Try staying offline for a day, a week, or maybe even a month.**
- **Social media makes it worse, not better. Facebook isn't evil – but relying on it for happiness is.**
- **Happiness is about attention. Focus on the good and you will feel good.**
- **Gratitude is essential.**
- **Be kind to yourself.**
- **Avoid comparisons.**
- **Be present in the moment, slow down, and enjoy life, friends, family, hobbies, and activities.**