

FOMO & *how to beat it*



Have you ever looked at a friend's social media account and thought 'Why are they all at that party? I should have been there!' or 'I wish my last holiday had been as exciting as theirs?' Do you look at your friends' updates before you get out of bed in the morning or during meals? Do you ever think that if you hadn't spent so much time updating your profile, you would have actually done something fun in the real world? If your answer is 'yes', you might suffer from FOMO - the fear of missing out - the 21st century's special form of social anxiety. A clear symptom is the obsessive need to be connected to your friends' social media accounts. A lot of young people say that social media makes them feel good and that it helps them to maintain friendships. They say that getting a lot of 'likes' or positive comments about a post really helps their self-esteem. However, collecting 'likes' can sometimes turn into a competition, which can make you feel jealous.

People often want their life to look and sound more perfect than it really is. It's what experts call 'curating' your life selecting only the best bits to post online. FOMO can be a vicious circle because sufferers often use social media to try to make themselves feel better. They post photographs of themselves looking good or having a good time. Does any of this sound familiar? Is FOMO stopping you from living your real life? If it is, follow our tips to help you get back into the real world. And don't worry - nobody's asking you to turn off your phone and lock it in a box!



FOLLOW OUR TIPS !

- **LIVE YOUR LIFE:** *Think of things you would have done with your time instead of looking at other people's photos. In those periods between checking your phone, do things in the real world that you enjoy. Sport, music, reading, having fun with your pets or anything that makes you feel good.*
- **MEET PEOPLE FACE-TO-FACE:** *Spend time in the company of people you like. Send a message to that friend that you should have contacted ages ago but arrange to meet IRL (= in real life)!*



FIND OUT THE MEANINGS OF

- FOMO
- ‘CURATING’ YOUR LIFE
- IRL



DISCUSS THESE QUESTIONS

- 1) Does using social media make you personally happy or unhappy?
- 2) Do you agree that FOMO is a problem for some teenagers these days?
- 3) What do you think about the tips in the text for fighting FOMO?
- 4) What do your parents think about social media? Do you agree with them?