

The fear of missing out (FoMO) is a prevalent unease about missing information, rewards or gratifying experiences that other members of one's network might be enjoying.



This personality trait connects with the desire to constantly connect with and follow others on different social networks.



On social media platforms, FoMO is usually apparent when the user impulsively wants to connect in inappropriate situations, for example, right after waking up, during lectures or meetings or while driving.



Like other forms of technology-related anxieties and problematic use, scholars have attributed FoMO to negative physiological and psychological well-being, such as reduced life satisfaction, low self-esteem, inadequacy, high alcohol consumption, depression and physical issues.



Individuals with the feeling of FoMO are more likely to have negative emotional feelings, social exclusion and social envy. Although FoMO is prevalent in all cohorts of online users, recent studies have reported a higher level of FoMO among adolescents and young adults, i.e. those attending college.

What can people do to get out of their “FOMO”?

1. Connect to what inspires you

Dive into the activities that give you a sense of joy and live in person connection, which we all need.



2. Look within

Instead of adding more stuff, people or even new places to travel, sometimes the farthest destination we need to go to is to get quiet and still within ourselves.



3. Help others

Never forget the healing power of being of service to others. When we take our attention off of our selves and our personal problems and dedicate ourselves to helping someone else, we gain so much in return.



4. Take a break

At times, you may need to take a social media break such as by being in nature, or to only engage in social media at certain times of the day. You can also self select how you use social media and prioritize your time to connect to the people who inspire you to feel good about yourself and to move closer towards your own aspirations and goals, rather than only promoting themselves.



5. Change Your Focus

Rather than focusing on what you lack, try noticing what you have. Add more positive people to your feed; hide people who tend to brag too much or who are not supportive of you. You can change your feed to show you less of what triggers your FOMO and more of what makes you feel good about yourself. Work on identifying what may be sapping your joy online. Work to minimize these as you add more to your feed (and life) that makes you happy.



6. Keep a Journal

Keeping a journal can help you to shift your focus from public approval to private appreciation of the things that make your life great. This shift can sometimes help you to get out of the cycle of social media and FOMO.



7. Seek Out Real Connections

Making plans with a good friend, creating a group outing, or doing anything social that gets you out with friends can be a nice change of pace, and it can help you to shake that feeling that you are missing out. It puts you in the center of the action. If you do not have time to make plans, even a direct message on social media to a friend can foster a greater and more intimate connection than posting to all of your friends and hoping for "likes."



8. Focus on Gratitude

Studies show that engaging in gratitude-enhancing activities like gratitude journaling or simply telling others what you appreciate about them can lift your spirits as well as those of everyone around you.

You likely will not feel as tempted to go down the rabbit hole of social networking and FOMO when you realize how much you already have. You will begin to feel that you have what you need in life and so do other people. This can be wonderful for your mental and emotional health.

