

Let's Talk: Social Media FOMO

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Hi, my name's Jude. Let's talk about FOMO. You may have heard about FOMO as it relates to social media use. It stands for the fear of missing out, and it's what happens when you look at posts of your friends and family, and they seem to be having more fun than you are.

What causes FOMO?

Probably everyone who spends enough time on social media will feel FOMO at some point or another. It can result from seeing things like vacation pictures or an event that you're not invited to that maybe you feel like you should've been invited to, or you might see people posting their accomplishments, like a job promotion, or having a new baby, getting married or other life events.

Why do people get FOMO?

So why do people get FOMO? Well, they get it when they start looking to social media for validation from outside. Maybe you compare yourself to what others are doing or what they may have that you don't feel like you have. And we forget also that others are posting only what they want everybody else to be able to see. So they're not showing you their whole life.

How to overcome FOMO?

If you've found that you've been feeling FOMO a lot lately, it's really not that hard to overcome. If you just have specific goals for using social media and stick to those, that can help cut down on FOMO. And if you pay more attention to what's going on in your life and how special it is. Take some time each day, even if it's just a few minutes, maybe in the beginning of the day or at the end of the day, to think about all the good things going on in your life. That can go a long way to help you not feel like you're missing out on anything.

How to overcome FOMO?

Here are some tips that can help you overcome FOMO. Pay more attention to what's going on in your life, and then spend some time each day, even if it's just a few minutes, being grateful for the things that make you happy, even if it's just little things. Try taking a break from social media, maybe for a week or so, and then just pay attention to whether you're

feeling better or worse. If you turn it back on after a break, pay close attention to how you feel when you go back to it. And if you feel like it's bad for your emotional wellbeing, consider a longer break, or maybe even a permanent one. Find things you love to give your attention to. We all have a limited amount of attention to give every day. And science shows that the more attention we spend on things that we love, the happier we are. Test that out for yourself and see if it works for you. Remember, missing out on things doesn't have to be scary if you're already happy with the things that you're doing.

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