



Dealing with FOMO

— Tipsheet

Introduction to topic

To deal with FOMO, one needs to learn about finding contentment in their own experiences and understanding that their life doesn't have to look like anyone else's to be meaningful and fulfilling.

Why it matters for Peer Leaders

It empowers peer leaders to support their peers, enhances their own well-being and leadership skills, and promotes positive mental health within the community.

Top tips

Tip Title: Track when and why FOMO appears!

Prompt: Use journaling or self-assessment tools to understand your fear.

Example: Whenever you experience negative feelings about something, try writing it down and analysing the situation, which will guide you in how to deal with the situation.

Tip Title: Social Media Clean-up!

Prompt: Curate your content to follow accounts that support well-being.

Example: Regularly delete negative posts and unfollow uninteresting accounts. Use tools to hide ads and update privacy settings, performing cleanups quarterly to keep your feed aligned with your interests.

Tip Title: Limit social media use!

Prompt: Limit the time you spend on social media or cut it out altogether.

Example: To start, set a certain time limit for the time spent on social media and shorten this time until you either spend a very short amount of time online or none at all.

Tip Title: Practice meditation, mindfulness and/or start a journal!

Prompt: Keep your focus on the present and appreciate what you do have and what you can control are powerful tools in keeping FOMO at bay.

Example: Set out a goal to practice meditation for 5 minutes a day every morning. You can extend the time when you are ready for it and enjoy the powerful results of enjoying the here and now.

Tip Title: Connect in real life!

Prompt: Make real connections by spending time with friends and family in person rather than just interacting online.

Example: Arrange a weekly half-hour walk with a friend or colleague to catch up and talk about shared interests.

Conversation Starters

1. Do you ever wonder what is behind the smile of someone on social media?
2. Do you ever feel like doing something just to post it online?
3. When invited to events and gatherings, do you consider why you want to attend and if the activity interests you?
4. When was the last time you declined an invitation to prioritise self-care?

Challenge for the Week

To combat FOMO, use the tips above and take control of your own feelings. Figure out what exactly is making you feel left out and turn that into a positive feeling of JOMO (Joy of Missing Out). Be kind to yourself and remember that nobody's life is perfect, despite appearances on social media. Set realistic expectations and accept that it's okay not to have everything.



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