



Dealing with FOMO

—

Peer-led Group Activity

Thematic Area

Dealing with FOMO

Activity Title

Turn your FOMO into JOMO

Type of resource

Peer-led Group Activity



Duration of Activity *(in minutes)*

60 minutes

Learning Outcome

- Practical knowledge of how to manage FOMO using techniques such as gratitude practice.
- Practise positive affirmation and gratitude techniques to build digital self-resilience.
- Support others in talking about FOMO and sharing peer coping strategies.
- Commitment to prioritising real-life experiences over digital comparison.

Preparation for the Peer Leaders

This activity encourages learners to share their experiences with FOMO (Fear of Missing Out) and explore how they cope with it. It also introduces the concept of JOMO (Joy of Missing Out) and provides an opportunity to learn how gratitude can improve our lives. The activity will feature group discussions and individual reflections, aiming to guide participants in starting their own personal gratitude journeys.

Materials Required for Activity

- Flipchart or whiteboard and markers.
- Post-it notes and pens
- Notebooks
- Digital devices for designing journals (optional)

Step-by-step instructions

Step 1: Quick Icebreaker (5 min)

Ask everyone: "If and how often do they suffer with FOMO, and if and how do they deal with it? Write some of the good solutions on the whiteboard. Introduce the JOMO - finding peace and contentment by embracing life as it is. It's about choosing to focus on what you genuinely like to do and your personal needs over constantly trying to keep up with everyone around you.

Step 2: Gratitude Flower (15 min)

Split participants into 3–4 small groups.

Hand out the post-its to all participants and ask each group to create a gratitude flower. Each person can write what they are grateful for and stick the answers on a paper or on the flipchart in a flower shape.

To guide the activity, participants can use the following questions for each round of petals in the gratitude flower:

- What made you laugh or smile today?
- What's something that inspired you recently?
- What have you learned recently that will help you in the future?
- What's one kind or thoughtful thing someone did for you recently?
- What's one thing you experienced recently that made you feel a sense of wonder or awe?

Each group can read out some of the answers and discuss how this activity made them feel. Use the activity as a starting point for a discussion about the meaning of gratitude and its benefits.

Step 3: Design a Gratitude Journal (30 min)

- Split participants into 3–4 small groups and ask them to design a gratitude journal on Canva or any preferred program. If digital devices are not available, the journal can be designed on paper.
- Ask each group to include at least 5 questions. When coming up with the questions, guide the group towards questions that can be answered differently every time, to avoid repetition.
- Invite groups to present their journals, explain why they chose the design and explain the reasoning behind the questions.

Step 4: Create a Gratitude Journal Ritual (5 min)

Starting a gratitude journal can be simple, but to stick with it and enjoy the long-term benefits, it might be helpful to create a positive ritual out of it. Guide the participants to think of a plan for how to establish their journaling routine and how to stick with it.

Below is a step-by-step guide to help in establishing a journaling ritual.

1. Choose your journal thoughtfully. You can either purchase a ready-made journal, design one digitally, or create one by hand. You are more likely to stick to a regular journaling habit if you love the look of your journal.
2. Create a ritual with intention - a few suggestions are:
 - Lighting a candle
 - Playing a favourite song
 - Drinking a cup of tea
3. Decide on how often you are going to fill the journal and during what part of the day. This routine will help you stick with the task.

4. Start writing with gratitude prompts – use the prompts already discussed during the session or the examples below:
 - What was the best part of your day? Describe in detail.
 - What is an accomplishment in your personal or professional life?
 - What do you like most about where you live and why?

Step 5: Group Reflection (5 minutes)

Guide the group on how they feel about today's gratitude session. Whether they believe that gratitude is a helpful tool towards changing the FOMO into JOMO. Ask them if they have any other strategies they might have thought about during the session, like meditation, setting digital boundaries, or using self-assessment tools to track when and why FOMO appears and so on.

Reflection

Self-Reflection Questions:

1. When did I last experience the fear of missing out, and why?
2. Is my FOMO caused by my digital habits? If so, what are the changes I should implement?
3. What actions can I take to introduce more JOMO into my life?

Group Discussion Questions:

1. What is causing us to feel FOMO?
2. How can we best support our friends and family who are dealing with FOMO?
3. What are some effective replacement activities for the time spent scrolling online?

Wrap-up

Conclude the activity by explaining that today's session aimed to highlight the negative impact our digital habits can have on our mental health, one of which is the feeling of FOMO. Review the strategies discussed during the session and encourage participants to practice gratitude. Suggest that they transform their FOMO into JOMO by keeping a gratitude journal.



SERENITY



Co-funded by
the European Union

"Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them. Project Number: 2024-2-PT02-KA220-YOU-000287246"

