

Don't let FOMO hold you hostage



Social media has many potential benefits. It can foster connection, share information, and build social networks. However, the **WAY** you use social media can determine if it has a good or bad influence on you.

If you feel that you are spending too much time on social media or that your time on social media leaves you feeling unhappy or anxious, this could be a sign that you are experiencing FOMO.



WHAT IS FOMO?

FOMO, or fear of missing out, is a common negative side effect of too much social media. FOMO occurs when you consciously or unconsciously worry things are happening on social media that you will miss if you are absent.

This fear of missing out can lead you to spend too much time on social media. You might check it frequently throughout the day and think about what might be happening when you are not present.

THE PROBLEM WITH FOMO

The truth is, FOMO doesn't make you feel good. It may create a state of anxiety where you are constantly distracted. You are always wondering what new information might be available on social media.

If you experience a compulsive need to check your social media accounts multiple times a day, it may interfere with other aspects of your life.

Other side effects may include:

- Trouble sleeping
- Emotional tension
- A decline in physical well-being
- Difficulty with emotional control

WAYS TO MANAGE

Be honest with yourself. Pay close attention when you are tempted to reach for your device to log on and scroll. Ask yourself some questions:

- Why do I need to get on at this moment?
- How many times a day am I checking?
- What do I feel like when I engage on social media?

Set limits. It's easy to fall into the rhythm of checking your social media accounts any time you have a free moment. Instead, plan specific times of the day to check in. Once in the morning and once in the evening might be enough to get the benefits social media can provide without letting it take over too much.

Turn off notifications. Once you set a limit on how often you check in, turn off social media's power to trigger your FOMO. All the information will be there waiting when you do log in.

Choose one social media platform. As you re-evaluate your social media use, you may find you really aren't missing out on much. In fact, narrowing down your social media to just one account could help you feel free and less worried about what you might miss.