1. The Fundamentals of FOMO
Call to Action Activity

Positive mental health for GEN Z
NO MOre Fear Of Missing Out

Co-funded by the
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The Fundamentals of FOMO

Call to Action Activity

Interactive Infographic Theme	1. The Fundamentals of FOMO		
Activity Title	FOMO Detox Challenge		
Type of resource	**Call to Action Activity**		
Photo			
Duration of Activity (in minutes)	**30 Mins p/day**	**Learning Outcome**	• Identify the causes, effects, and solutions to FOMO to improve overall wellbeing
Aim of activity	*The aim of this activity is to provide learners with an opportunity to use this activity when they fear that they are missing out. This Call to Action proposes a 'FOMO Detox Challenge' that will act as a guide that young people can follow when they find themselves in situations affected by FOMO.*		

<table>
<tr><td>Materials Required for Activity</td><td>- Mobile Phone
- Journal
- Pen</td></tr>
<tr><td>Step-by-step instructions</td><td>Step 1 – If you find yourself experiencing FOMO, why not try the FOMO Detox Challenge. This challenge can help set your mind to reduce FOMO and help you to feel better. Focusing on activities to reduce FOMO is beneficial for your overall wellbeing and can become routine if you practice them often.

Step 2- Complete the template below over the course of 1 week. Why not journal how you feel at the end of each day, to see if the FOMO detox is positively affecting you.

Step 3 – Evaluate how you feel at the end of 7-day challenge and decide which habits you would like to continue in your daily routine!</td></tr>
<tr><td>Template</td><td>
<table>
<tr><td colspan="2">FOMO Detox Challenge
Try to complete this challenge in 1 week, and see if you notice a difference in your FOMO experience:</td></tr>
<tr><td>Challenge</td><td>Tick when Complete</td></tr>
<tr><td>Day 1:
- Delete any social media apps that do not keep you in touch with your family and friends</td><td></td></tr>
<tr><td>Day 2:
- Turn off notifications for 2 hours today</td><td></td></tr>
<tr><td>Day 3:
- Try a mindfulness activity (Tick which activity you complete)
☐ 5-minute meditation
☐ Deep breathing exercise
☐ Go for a relaxing stroll
☐ Read a few pages of a book
☐ Practice yoga</td><td></td></tr>
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	Day 4: Set a daily time limit on your social media use (eg; 30 minutes p/day)	
	Day 5: Don't check your phone until after breakfast each day	
	Day 6: - No phone until after work / school	
	Day 7: - No phone at meals all day. - Journal which habits you would like to continue into next week.	

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