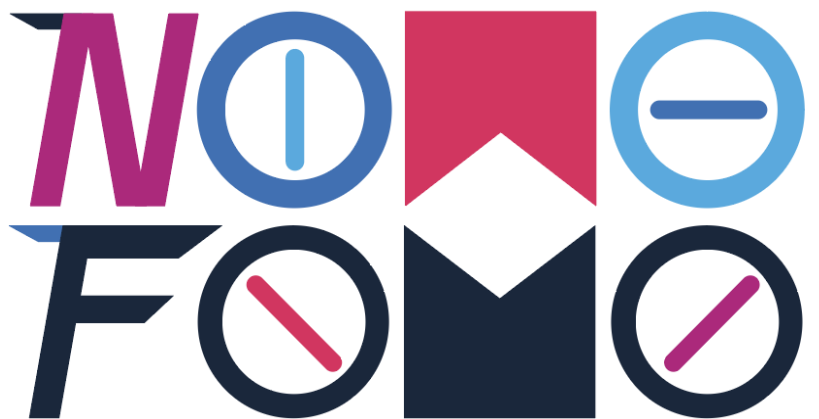




The 3U's of FOMO:
Unpopular, Uninteresting,
Unworthy
Call to Action Activity

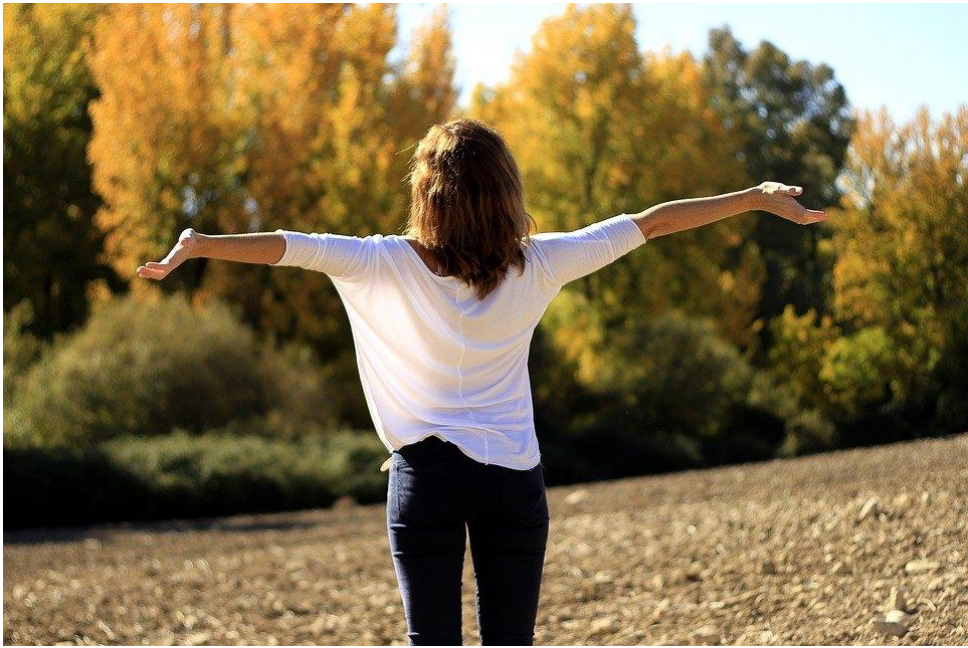


Positive mental health for GEN Z
NO MORE Fear Of Missing Out



The Fundamentals of FOMO

Call to Action Activity

Interactive Infographic Theme	The 3 U's of FOMO		
Activity Title	<i>Positive Journal</i>		
Type of resource	Call to Action Activity		
Photo			
Duration of Activity (In minutes)	10 Mins p/day	Learning Outcome	<ul style="list-style-type: none"> Recognise self-gratitude rather than seeking it online.
Aim of activity	<p><i>The aim of this activity is to provide learners with an opportunity to recognise the things that they are grateful for. Social media and FOMO can impact individuals, making them feel unpopular, uninteresting, and unworthy. Through this activity, learners will understand the impact FOMO can have on their mental health and implement a positive action to combat this through self-gratification.</i></p>		



Materials Required for Activity	<ul style="list-style-type: none">- <i>Mobile Phone</i>- <i>Journal</i>- <i>Pen</i>
Step-by-step instructions	<p>Step 1 – If you find yourself experiencing FOMO, why not try the <i>NOMO FOMO Positive Journaling Technique</i>? Social media can expose you to the lives of extravagant influencers, or people travelling around the world every week. This can lead you to believe that you lead a less exciting life than your friends, family, and celebrities. This can damage your mental health as it can lower your self-esteem and self-image.</p> <p>Keeping a diary might make you think, “how is this going to benefit me?” However, did you know that it has been medically proven to ease mental discomfort by releasing negative destructive emotions? Get a notebook and a pen to get started!</p> <p>Step 2- At the end of each day, take ten minutes to write down three things you are grateful for in your life. You can choose to write about these things in detail, or simply mention the thing you have chosen to appreciate that day. The choice is yours!</p> <p>By acknowledging what you are grateful for in your life, you can combat FOMO and help to dispel the 3 U’s of FOMO – feeling unpopular, uninteresting, or unworthy. Enhancing your self-awareness is a great way to understand what you like about you and your life.</p> <p>Step 3 – After 7 days, reflect on your positive journaling experience. Ask yourself the following:</p> <ul style="list-style-type: none">• <i>Did you find it beneficial to think about what you are grateful for?</i>• <i>Did you experience less FOMO after acknowledging what you appreciate about yourself/your life?</i>• <i>Do you think journaling is a good way to combat FOMO?</i>• <i>Will you continue to journal to combat FOMO?</i>

NO MORE FOMO

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