

Embracing JoMO

Nowadays social media continues to indulge into our lives and new terms like JoMO has become popular. What is JoMO? JoMO is “Joy of Missing Out” ; so does that mean we will be very happy once we miss out everything? What should we miss out? What should we embrace?

JoMO is characterized by enjoying what you’ve doing in the here and now and not on social media broadcasting or seeing what everybody else is doing. When you don’t need to compare with others, you will be more relax because you can be your real self. JoMO encourages us to embrace the pleasure of choosing what we want or not to do that allows us to live fully!

Have you ever felt challenged to get away your social media and spend time alone? Wondering how others may think about you.

So, here are some tips for you to embrace JoMO:



1. Adjust Your Attitude

To be alone does not mean you are lonely, you have no friends, or you are weird. You just choose to spend some time alone. Have you ever felt pressured to dine alone in a restaurant? It actually takes much courage for a person to engage in activity alone in public. Allow yourself to feel uncomfortable at first, especially for those extroverts. The more you practice, the more ease you will feel.

2. Disconnect

Start to remove distractions. Put down your smart phone, and close your laptop, or at least try to start turning off the message notification of your phone. Stop scrolling through facebook, IG, for a few minutes first, and increased to hours gradually.

3. Take Small Steps

Start engaging yourself alone with 30 mins, 1 hour and slowly increased to half day or more. You can practice by staying at home first. Stay in your pajamas all day, eat a leisurely breakfast. Then try to step forward, such as enjoying a coffee in a cafe, and next try to explore new places or to visit an island.

EMBRACE THE JOMO
(JOY OF MISSING OUT)



4. Attend To Yourself

Find some time to listen to your inner voice. What do I want to do? What are my needs? How do I feel? Am I taking care of myself well? Am I satisfied with my current situation? Am I living a balanced life? What kinds of life do I want to live? Have I paid enough attention to my friends and family?

5. Re-Connection

Reconnect with your real self. Enjoy your favorable activities such as reading, cooking photography, music, writing, drawing, swimming, jogging, etc. If you are not sure what you enjoy, experiment with different things. If you feel the urge to reconnect online, first take a breath, ask yourself, "Are you sure? Will going online leave you feeling distracted or depleted?"

JoMO leads us to a happier and healthier life. It boosts cognitive power, enhance creativity, enable you to better handle emotions, make better choices and decisions about who you are and what you want without outside influence.