

# “害怕錯過”(FOMO) → “樂於錯過”(JOMO)

FoMo<sub>1</sub> (Fear of Missing Out) 指擔心錯過某些 (\*社交平台) 資訊而受排斥，甚至產生焦慮。在這個幾乎人人都使用社交媒體的年代，你會否在用IG的同時，暗羨人家放閃去旅行？為何自己不在那張大伙兒吃飯的照片內？或者因追唔切post覺得心掛掛？還有用Facebook的你，會否不停刷新，追著自己的貼文有幾多like？心入面總在比較為甚麼其他 friend那麼多人讚好？受著FoMo心態的影響，我們總是覺得自己的人生像錯過了甚麼似的 - 以致擔心、害怕、焦慮、孤獨、自卑、覺得自己比下去 - 你……有出現這些所謂「害怕錯過焦慮」(FoMo Anxiety) 的徵狀嗎？不想讓情緒這樣被牽制著？試試“社交排毒”，將其轉化為 JoMo<sub>2</sub> (Joy of Miss Out) 吧！



不斷更新，可能越玩越傷心。重新掌控自己，可以的話，把訊息/留言通知關閉，為自己設限每日瀏覽社交媒體的次數及時間。

問問自己，社交媒體所見的就是“真象”嗎？“全相”嗎？我們所見的只是“貼出來的生活” - 就是一小部分經過美化、p圖的映象罷了。  
#認真你便輸了

與其怕錯過虛擬的網絡生活，不如多花時間在現實生活追求滿足。回應自己內心害怕錯過的需求 - 多用說話代替留言，多用真實的表情代替emoji，直接跟朋友家人溝通，感受眼前的感覺，真真正正去享受生活吧！

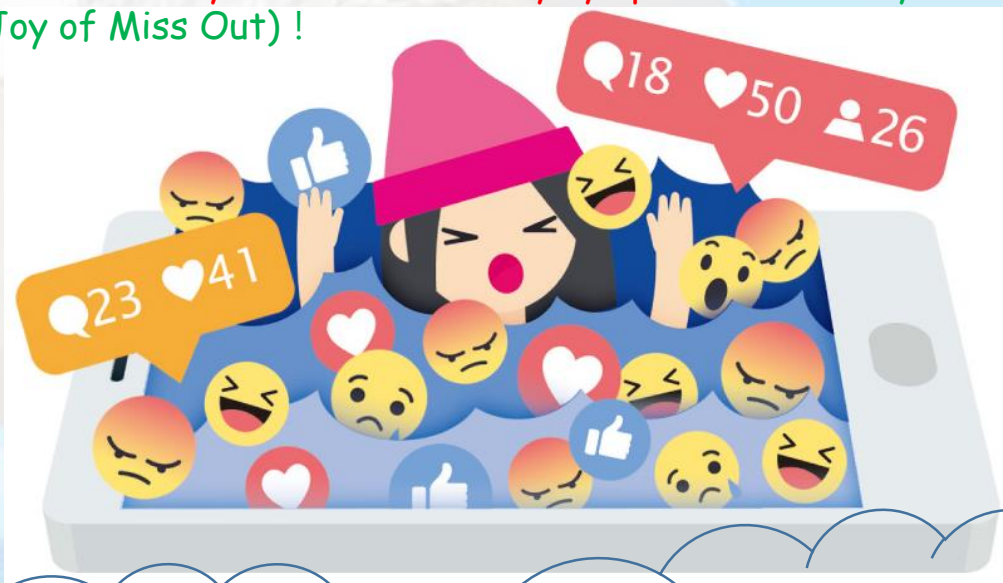
關注並不會讓你得到愛和認同，LIKE往往淪為可量化和較量的指標…重整對社交媒體的心態，它本來就只是一種與朋友聯絡的媒介，幫助我們加強人際關係、策劃聚會…若變成比較的互具，就把事情本末倒置了。

<sup>1</sup> FoMo在2013年收錄在牛津英語字典內

<sup>2</sup> JoMo在2016年成英國柯林斯字典的年度十大代表單字

# From #FOMO TO #JOMO

**FoMO<sub>1</sub>** ( Fear of Missing Out ) is characterized by the desire to stay continually connected with (\*social media) what others are doing, and which may even lead to anxiety. While everyone is using social media in this age - will you envy what others are doing as they posted on IG? Query why you are not here while your friends are having a nice dinner? Feeling out of the loop if you fail to follow the latest post of friends? Check FB again and again for your numbers of like? Doubt why your friends are earning more like than you? Under the effect of FoMO, you may feel worried, afraid, anxious, lonely, self-inferior.....**Do you want to be trapped with this vicious cycle and controlled by the FoMO anxiety symptoms? Let's try to turn it to JoMO<sub>2</sub>** (Joy of Miss Out) !



Frequent update may probably lead to increased frustration. **Regain control of yourself** – you may turn off the message notification, you may limit the time you stay on social media each day.....

Ask yourself, is what you see on social media really the “whole truth”? In fact, **the seemingly well-rounded picture of people’s lives is more like the cherry-picked perfection version.** **Don’t take it serious.**

Rather than being fearful of missing out the fake life on the internet, **it would be more worthwhile to earn satisfaction in real life.** Respond to your inner need of FoMO - use words instead of message, use your facial expression instead of emoji. **Communicate directly with your friends and families. Feel what’s in front of you and enjoy a REAL life.**

“Like” would not really give you love & recognition, it always just becomes an indicator of comparison. **Review your attitude to social media** – it is originally just a media for connecting with friends. Please don’t turn it to tools of comparison.

<sup>1</sup> FoMO was added to the Oxford English Dictionary in 2013

<sup>2</sup> JoMO was one of the Top Ten words of Collins Dictionary of America in 2016