

From FOMO to JOMO

Student Name: _____

Date: _____

batteries, now, conscious, acronym, technology, moment, without, presents, consumer, response, able, test,
fashionable

Tablets, iPads, smartphones...all those big _____ from Christmas. And now here we are suggesting that you put them all away! It's not about becoming a hermit, but rather going on a digital diet in order to enjoy every _____ and improve our wellbeing. Welcome to JOMO.

What is JOMO?

JOMO is the _____ for the Joy of Missing Out, or enjoying what you're doing in each moment without worrying about what everyone else is doing. JOMO is a sociological phenomenon which is a _____ to FOMO, or the Fear of Missing Out, the fear of being "out of the loop", or not being the "coolest". Imagine you're at home on Saturday night, enjoying a film that you've wanted to see for ages in peace. But then you look at your phone and you see that your friend posted on Instagram about their dinner at a _____ restaurant, another is tweeting about the latest play they went to...and suddenly your plan doesn't seem so great. FOMO is not new – we have all gone out at one time or another just because we were afraid of missing out on something major – but it has been exacerbated by _____ and social media.

JOMO invites you to forget all that, to stop asking yourself every 5 minutes what is happening outside if it doesn't matter to you. It's got a hint of mindfulness, of thinking about the here and _____, of focusing our 5 senses on what we are doing and not spying on what others are doing through the peephole that social media puts within constant reach. Because there will always be something better to do, but the important thing is to accept that and be _____ to see that there is always something to enjoy in every situation we are in.

100,000 dollars for a phone-less year

That is the reward being offered by the Vitaminwater company to somebody that is capable of spending a year _____ touching their smartphone and proving it (lie detector _____ included). But it's not the only reward for the brave people who are game enough to try it. Psychologists agree that reducing our dependency on technology contributes to a reduction in anxiety and stress. Embracing JOMO will improve your emotional and physical wellbeing. Because we also need to recharge our _____ and take a break from the information overload that surrounds us.

Even technology giant Google has put initiatives in place to encourage healthier _____ habits. "Great technology should improve our lives, not distract from it", Google states on its digital wellbeing page where it discusses tools which limit app use or suggest periodic breaks. It's about _____ use of technology, not going back to the stone age.