

Match the different uses of the verb miss with their explanations



- a) to fail to understand, notice or hear something
- b) to feel sad a person or a thing isn't present
- c) to notice that something is lost or absent
- d) to be too late for an event/activity or not be present at it
- e) to fail to hit or reach something

Let's take some minutes to compare ideas

JULIU

- 1. Fear of Missing Out (FOMO)
- 2. Joy of Missing Out (JOMO)
- 3. Social Media
- 4. Anxiety
- 5. Mindfulness
- 6. Authenticity
- 7. Overwhelmed

- a. A feeling of anxiety about missing out on social events or opportunities.
- b. A sense of happiness from staying away from social events or distractions.
- c. Using online platforms to stay connected with others.
- d. A state of being fully present and aware in the moment.
- e. A feeling of being stressed or overloaded by demands.
- f. Genuine and true to oneself, without pretense.
- g. The experience of being disconnected from others and feeling isolated.

**F****The definitions of FOMO and JOMO.****O****The negative effects of FOMO.****M****The benefits of practicing JOMO**

Watch the video and check what FOMO and JOMO mean.

a) What are 2 factors that make us feel FOMO?

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b) What should we do to experience JOMO?

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c) What does 'moderate life' mean according to Aristotle?

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d) What does it mean to be human according to the speaker?

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e) How does the example of Nero show that limitless life is life of despair?



Let's take some minutes to dicuss with the class
Ways to reduce FOMO and embrace JOMO

- a. get out
- b. point out
- c. stand out
- d. bring out
- e. miss out
- f. hang out
- g. figure out
- h. sort out