

1. FOMO, short for “fear of missing out”, is the anxiety that arises when someone believes others are having more rewarding experiences without them. It is commonly triggered by seeing social media updates about events, achievements, or even purchases that the individual did not take part in. This feeling can lead to self-doubt and dissatisfaction.
2. Psychologists believe FOMO is rooted in basic human needs for connection and belonging. Humans are social creatures who fear exclusion. Historically, being left out of a group could be dangerous. While society has changed, our brains are still wired to feel uneasy when we’re not included.
3. In today’s hyper-connected world, people are exposed to constant updates about the lives of others. Platforms like Instagram or TikTok show carefully selected highlights, which can give the false impression that others are constantly living better, more exciting lives. The result is often increased FOMO, especially among those who spend large amounts of time online.
4. Although FOMO is typically associated with teenagers and young adults, people of all ages experience it. Older adults may feel it when they miss out on family gatherings or travel experiences. Meanwhile, younger individuals are more likely to feel it through digital platforms where their peers seem to be constantly doing something exciting.
5. FOMO can have serious financial consequences. Some individuals overspend on things they don’t need just to keep up with others. For example, someone might buy the latest phone or attend an expensive event just to avoid feeling excluded, even if it causes financial stress later on.
6. The emotional toll of FOMO should not be underestimated. Studies show it is closely linked to anxiety, low self-worth, and depression. Constantly comparing one’s life to others can create unrealistic expectations and dissatisfaction. Over time, this emotional strain can damage both mental health and relationships.
7. Fortunately, there are healthy ways to deal with FOMO. Reducing social media usage, practicing gratitude, and focusing on personal goals rather than comparisons can help. People who shift their attention toward what they enjoy rather than what others are doing tend to feel more fulfilled and less anxious.

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