



FoMO and Your Mental Health





CHALLENGE!



SINCE 1828

GAMES | BROWSE THESAURUS | WORD OF THE DAY | WORDS AT PLAY

LOG IN | REGISTER | SAVED WORDS

FOMO

DICTIONARY | THESAURUS

FOMO

noun

Save Word

\ 'fō-(,)mō

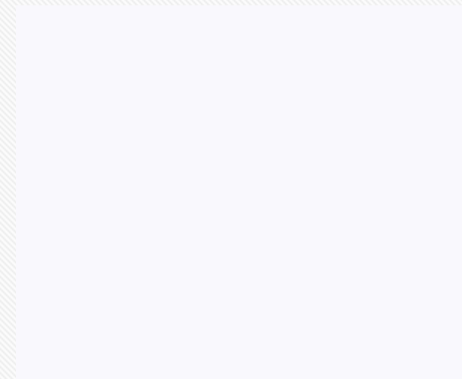
plural **FOMOs**

Definition of *FOMO*

informal : fear of missing out : fear of not being included in something (such as an interesting or enjoyable activity) that others are experiencing

// Probably nursing a massive case of *FOMO*. That's what they're calling it these days: *FOMO*—Fear of Missing Out. Kids use the term to express concern about missing parties featuring phosphorescent pacifiers and music that can be heard all the way from Neptune.

— Martha Beck, *O: The Oprah Magazine*, June 2013



WORD OF THE DAY

coup de grâce

a decisive finishing blow, act, or event

AGENDA

FoMO Facts

Are you addicted?

What is Addiction?

Fighting FoMO

Awake and Online

Practical Steps

Questions?





HELLO!

I am John Ringhisen PMHNP-BC, NPP

I am here because I love to give presentations.


I have no conflicts of interest.

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1. FoMO FACTS

Fear of Missing Out



“Silence is God’s first
language; everything else is a
poor translation.”

- Thomas Keating





FoMO Facts

- » FoMO drives social media use
 - » FoMO levels are highest in young people
 - » Low Satisfaction is linked to High FoMO
 - » FoMO is high with distracted drivers
 - » FoMO is high in students who access social media during class
- 



Potential for a *different* connection

Not too close. Not too far. Just the right distance.



2. Are You Addicted?

Fear of Missing Out

Do you feel absorbed in your devices - you remember previous activity or long for the next opportunity?

Yes

No

Do you feel satisfied if you spend more time on your devices?

Yes

No

Have you failed to control, reduce, or give up your devices?

Yes

No

Do you get nervous, temperamental, depressed, or sensitive when you don't have your devices?

Yes **A**

No **B**

**Do you stay engaged in posting, editing, playing games
longer than intended?**

Yes

No

Have you put a significant relationship, job, educational or career opportunity at risk because of social media?

Yes

No

Have you lied to your family members, therapist, or others to hide or minimize the truth of your online presence?

Yes

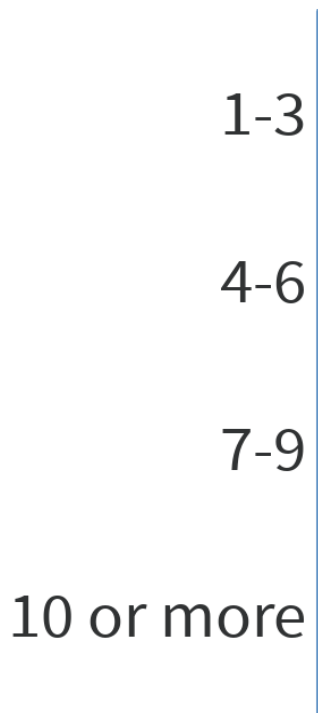
No

Is your phone a reliable escape from problems or an anxious mood - feelings of helplessness, guilt, anxiety, depression?

Yes

No

How many online profiles do you routinely maintain?



Do you take your phone to the bathroom?

Yes

No

Ew...no
comment

How quickly would you replace your phone if it was lost, damaged, or stolen?

WHAT!? I don't have my phone!? We need to get to (CELL CARRIER) NOW!

It can wait until after work.

I'll get to it this weekend.

Good riddance.

3. What is Addiction?

Fear of Missing Out

Traditional Views

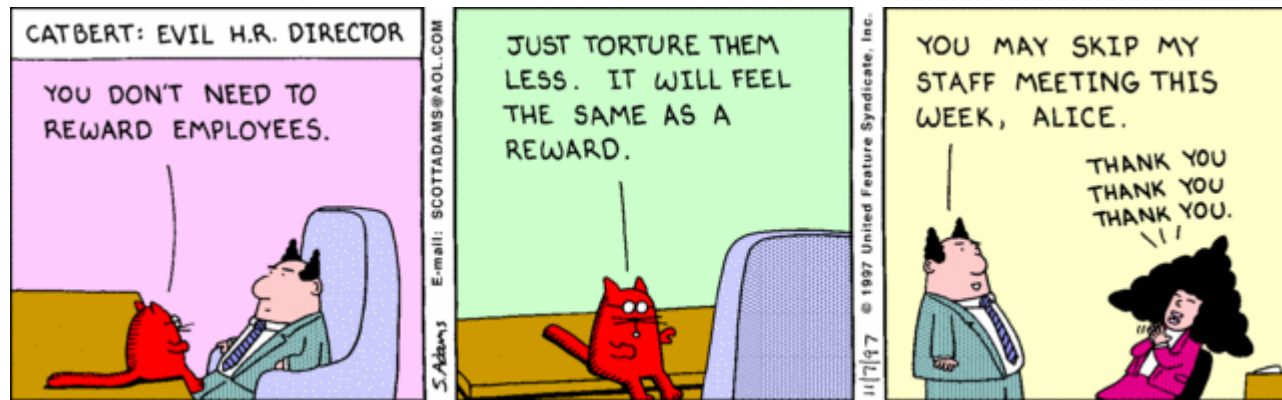
- » Over-activation of the reward system
- » Lower levels of self-control
- » Drug Addiction
- » Behavioral Addiction
- » Disease

What is a reward?

- » Something that is administered/given
- » Reinforces behavior
- » Leads to **satisfaction**, pride, accomplishment



Can a reward be a reduction of harm?



Loss of Impulse Control

- » Ability to resist strong urges
- » Will Power
- » Delayed gratification
- » Short lived **satisfaction**



Drug Addiction

The Old Terms

- » Addiction
- » Abuse
- » Clean or Dirty
- » Addict
- » Smoke
- » Quit with the patch/gum

The New Terms

- » Substance Use Disorder
- » Use
- » Abstinent
 - ◇ Sober means ALL substances
- » Patient or Client
- » Inhale
- » Nicotine replacement

Behavioral Addiction

Non-substance-Related Disorders

- » Only Gambling Disorder has formal diagnostic code
- » Internet Gaming formally discussed in DSM-5
- » Not explained by mania
- » Not explained as part of the criteria for another disorder
 - ◇ Impulse control, DMDD, ODD, CD, MDD, Pathological Anxiety
- » Always check for underlying medical causes
 - ◇ Thyroid, metabolic (diabetic), infection, hydration

Disease

- » Genetic component
 - ◇ Schizophrenia – physiological changes in the brain
 - ◇ Bipolar Disorder – data suggests it but no biological link
 - ◇ Attention Deficit Hyperactivity Disorder – data yes, bio no
 - ◇ Alcoholism – increased affinity for alcohol at receptor
- » Transmitters vs. Receptors
 - ◇ Bad at making them?
 - ◇ Bad at breaking them down?
 - ◇ Bad at turning them on/off?
- » Epigenetics – can we inherit expression?

Seeking and Addiction

- » Eating, Sleeping, Reproduction
 - ◇ Reward?
 - ◇ Hormonally Driven
- » Relatedness as the measuring stick
 - ◇ Self (Emotions)
 - ◇ Others (Models and Objects)
- » Substances as barriers
 - ◇ Coping mechanisms?
 - ◇ Path of least resistance



4. Fighting FoMO

Fear of Missing Out



the cake is a lie!

FoMO is Based on LIES

Cherry Picked Status

Only the best/worst experiences make the cut.

Troll Bait

Ensnaring arguments designed to provide opportunities for abuse.

Say it Out Loud

OMG I'm missing EVERYTHING that happened in the past two minutes – my BFF is hiking Siberia, my college roommate just started his own NGO, my third cousin is at his daughter's recital while all I did was sit here and breathe.

Fight FoMO with FOMO

- » “Feel OK More Often”
- » “Find One Magnificent Object”
- » “Forget One Meaningless Occasion”





A wide-angle photograph of a calm sea under a heavy, dark sky. The horizon is visible in the middle ground. Sunlight breaks through the clouds, creating bright, shimmering reflections on the water's surface. The overall mood is serene yet powerful.

B E S T I L L .





"This photo is
gonna get
so many Likes."

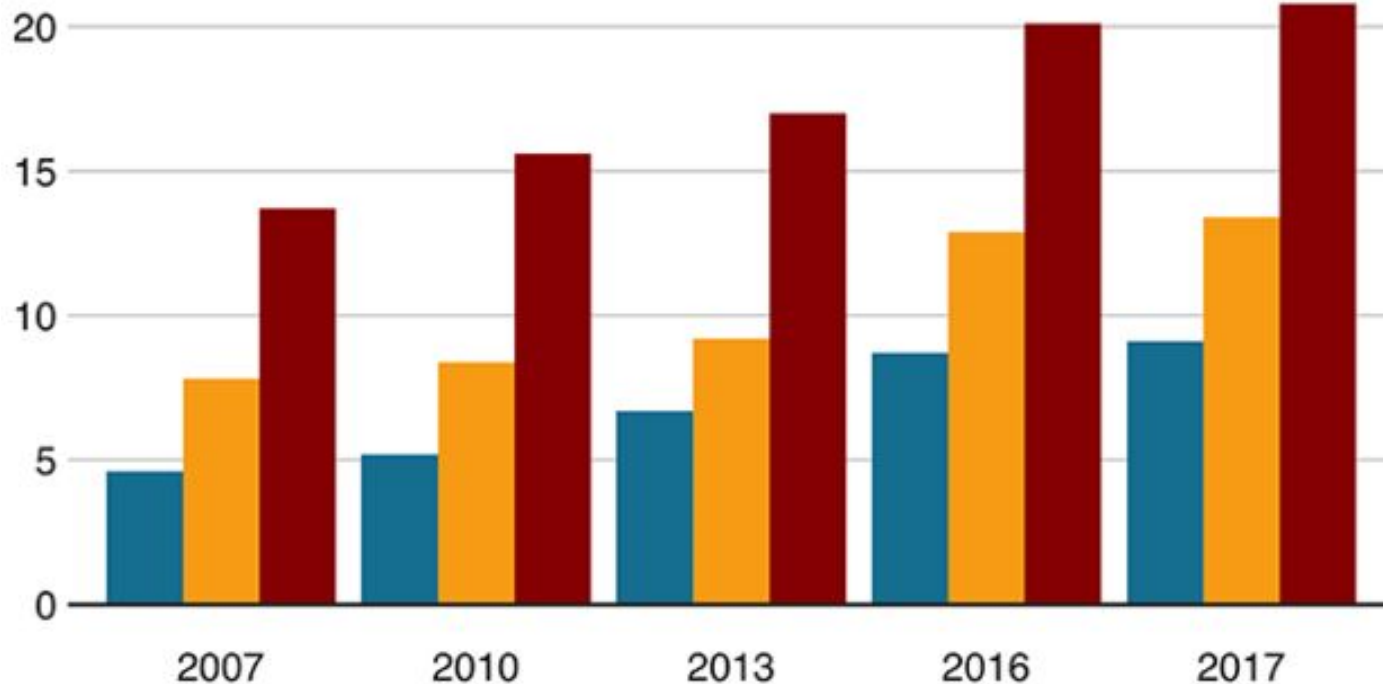
5. Awake and Online

Fear of Missing Out

Children's internet consumption by age

Estimated weekly hours, 2007 to 2017

■ Aged 5 to 7 ■ 8 to 11 ■ 12 to 15



Source: Ofcom

BBC



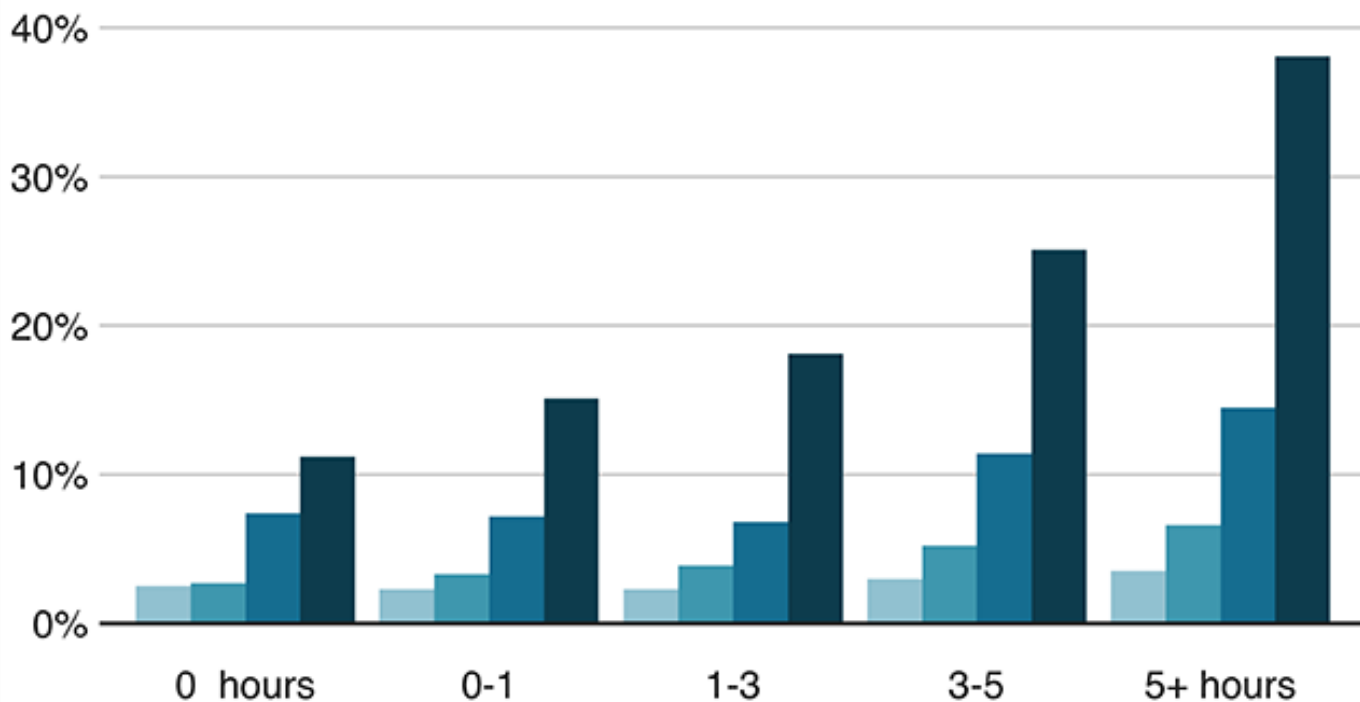
TABLETS FOR KIDS



Children's use of social media and depression

Daily usage, UK 14-year-olds

■ All boys ■ All girls ■ Boys with depression ■ Girls with depression



Source: University College London

Great...now what?

“Media use among kids is so pervasive that it is time to stop arguing over whether it is good or bad and accept it as part of children’s environment. Like the air they breathe, the water they drink, the food they eat.”

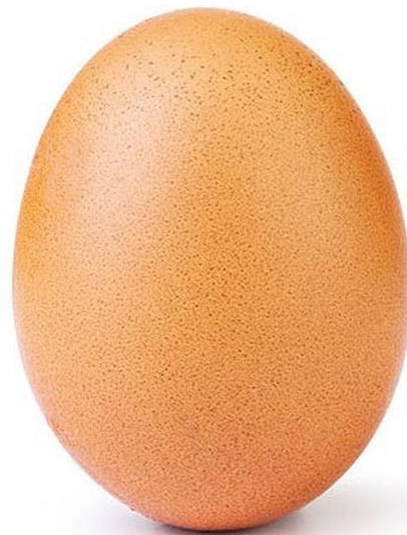
-Director of Center on Media and Child Health, Children’s Hospital Boston

6. Practical Steps

Fear of Missing Out

Object Relatedness

- » Good and Bad in the Same Object
- » Instability in relationships
- » Insecure about what makes them safe
- » Polarized perspective



The Fight is Rarely About the Phone

- » Power or Control?
- » Lack of meaningful relationships?
- » What cannot be said is more important
- » Examine the relationship between the people arguing

Reality Checks

- » Critical thinking
- » Self-confidence
- » Regulating Emotions
- » Physical Fitness
- » Upswing of 'Mood Disorders' and ADHD

Questions?

