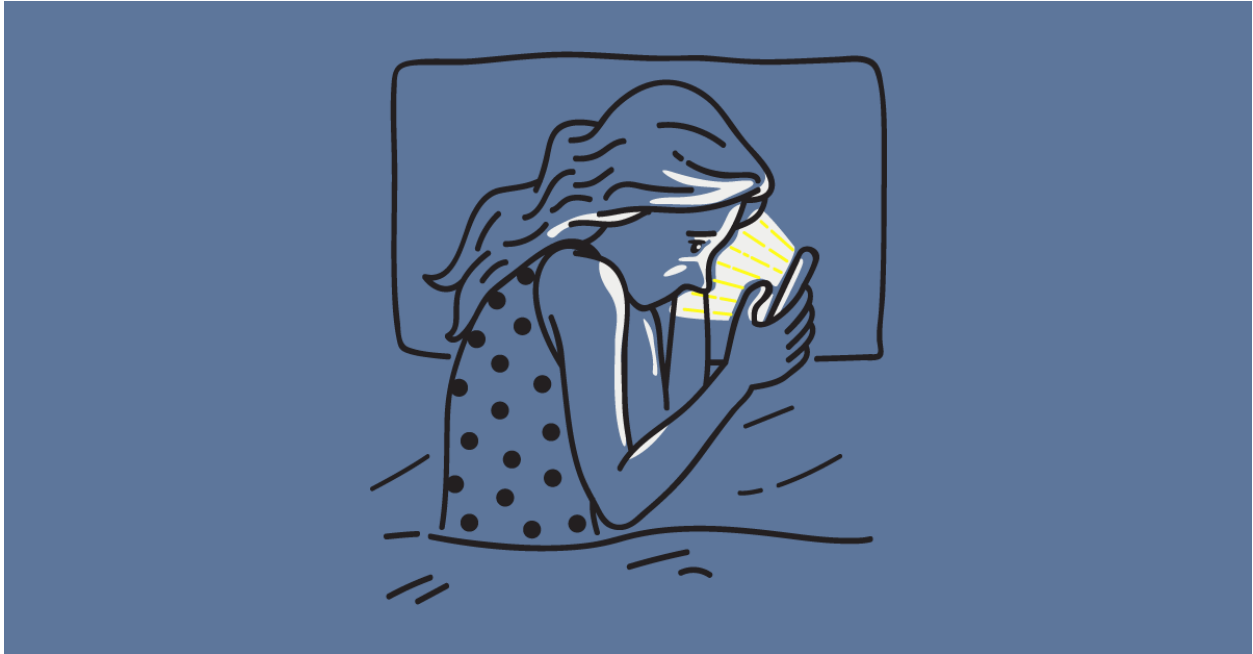


How to Deter Drastic Effects of FOMO: Fear Of Missing Out In Life

by Samantha Kaylee



[source](#)

Fear of missing out or FOMO is a common phenomenon nowadays as [every 7 out of 10 people experience](#) it and can have deadly consequences. The restlessness of social media activity has so many happenings, and the fear of happening without us is so much frightening.

Missing gifs of cute kittens and the trivial of night outs seem to be the new crime of not being in touch. People are oversensitive to every flash and buzz from their devices.

Moreover, it is worse not to have notifications, leading us to a more [frightening feeling of stress](#) and being excluded or being disappeared. Unfortunately, our young generation is more concerned about their likes, comments, and shares than some serious stuff about their health and education.

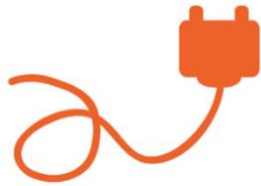
Why Is FOMO Increasing Among Young Generation?

People have always been concerned to stand high on social media. However, FOMO has become a dangerously big issue for the young generation who want to be online 24/7. They have the anxiety to post updates and check the statuses of their friends.

Thus, when they miss an important event or party, or they miss out on a summer family holiday, they feel less cool even for not attending prom night or dance than those who have posted updates and visuals on social media.



56% are afraid of missing something such as an event, news, important status update if they don't keep an eye on their social networks



People want to **PULL THE PLUG**



52% have either taken or considered taking a "vacation" from one or more social networks in the past year



24% plan to stop or take a break/"vacation" from using at least one of their social networks this year - **31%** for those 18-34



[source](#)

Meanwhile, [research has proved](#) that people are more likely to make social media a priority while suffering from FOMO. Some psychologists believe that FOMO is the most prominent factor in making social media successful.

They claim that FOMO is a driving factor for social media users to let others know what they are doing and how much fun they are having while doing it.

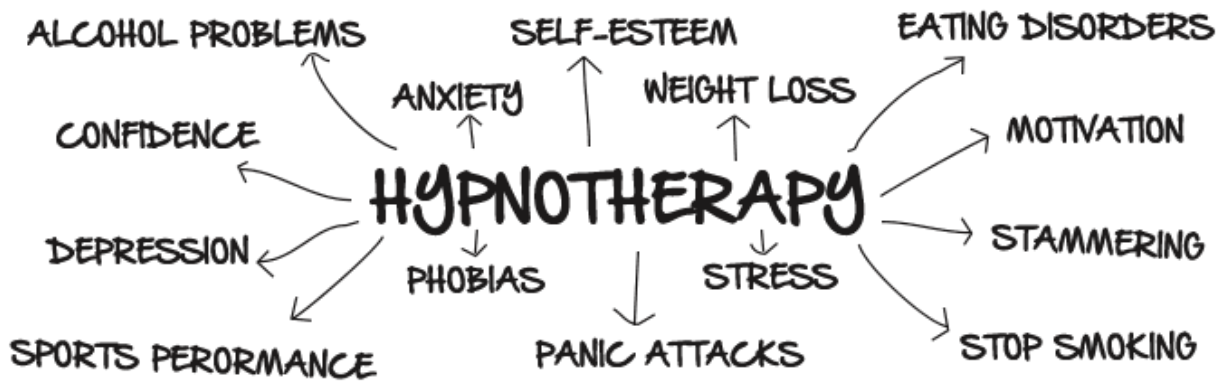
In fact, it is not worth wondering that the young generation is attracted more towards this trend to define their lives on the basis of what they see and idealize on social media. Liking, critiquing, watching, and sharing every move of their social circle makes them compare their own lives against those online posts. Thus, it ultimately leads them to an inferiority complex or superiority complex, and they lack [stress management](#) skills.

How FOMO & Hypnotherapy Are Related?

Like all of the other mental therapies, [hypnosis involves a deep state of focus](#) and absorption. Therefore, it leaves no space for fear of missing out. It defeats FOMO with its substantial concentration shift.

Initially, hypnosis calls for the peaceful presence of a mental state without any interference of thoughts and surroundings, and then it gets the subject for strategic replacement therapy.

[FOMO is just a type of overwhelmed anxiety](#), thus, with deep relaxation, patients can get their disturbing patterns replaced, and they can quit thinking of unhelpful beliefs of FOMO.



[source](#)

How To Overcome FOMO Using Hypnosis?

Similar to anxiety, FOMO is a process of letting us do something we may or may not eagerly want to do, but it makes us do it. Hypnosis gives the freedom to [choose the present state of mind](#) to not reach for our device. Also, to feel empowered and liberating to not to get judged on a tweet or status.

- **Emerging Self-Love**

Hypnotherapy works on our unconscious mind, that is, our deep emotional mind, whether it is [self-hypnosis](#) or done by a professional. It represents our real identity far beyond any form of opportunity, activity, event, and desire. Here we can stop finding our true identity via social media and can have a satisfactory feeling of fullness instead of emptiness.

After that, we can enjoy being on social media more without fear of missing out. The appreciation that we give to ourselves with the feeling of self-love can grant us freedom from social slavery.

- **Fostering Mindfulness**

The relaxation response of [hypnosis is an effective antidote to FOMO](#). The strength of mindfulness can be achieved through hypnotherapy. It gives us a good aura to be in the present moment without any interfering thoughts of what is going on in the digital world.

To be honest, it takes a while to convince yourself to quit passive routine things that negatively impact our lives. However, it brings a feeling of satisfaction with what we have. Being in frantic space for long and then breaking the barriers surely needs adjustments, but it is worthy of outcomes, like hypnosis.

- **Embracing Opportunities**

[Hypnosis can be utilized to overcome FOMO](#), to soothe away all your concerns and worries while leading your mind to a different yet relaxing place in a gentle manner.

It enables your mind to approach life in a positive manner so you can embrace opportunities more effectively. Moreover, you can make the most of your surroundings and situations you may get into instead of moaning about what you don't have.

- **Leverage Satisfaction**

With all the above benefits of hypnosis therapy in overcoming FOMO, you will notice that you are able to enjoy life with your experiences fully. Moreover, you can develop positive alertness in the present without anxiety.

Hypnosis will let you appreciate things more in life and creating a space for peace and beauty of moments to reflect satisfaction. Lastly, you will finally feel happy in your daily life, and staying away from your device will not make you anxious anymore.



[source](#)

Take-Home Message

I would recommend all the caretakers to remind your teens that although they may see beautiful posts with happy people in it, most of them are just pretending to be an ideal social figure to grab attention. Those are just pictures and updates on events and activities to idealize a fake sense of the digital world.

Instead of comparing their happy lives with so-called more joyful photos, please encourage them to look at social media with a more skeptical vision. Make them understand that even they see their friends having fun on social media, they spend their actual time boring, watching Netflix at home just like them.

No one has a perfect life; social media just let them pretend to have one. Hypnotherapy can be a supportive hand to get them out of their imaginary world with a more positive approach. All the best!

Author Bio



Samantha Kaylee is currently working as an Assistant Editor at [Crowd Writer](#). She is a part-time consultant psychologist, as well. Samantha is an active member of many social services and loves to spend free time volunteering for humanity. Samantha has a sweet tooth and often makes cakes and cookies.

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