

Axios Finish Line

April 01, 2024

Smart Brevity™ count: 332 words ... 1½ mins. Copy edited by Amy Stern.

1 big thing: The opposite of FOMO



Illustration: Aida Amer/Axios

Here's a new term to add to your spring and summer vocabulary: JOMO — the *joy* of missing out.

- **Why it matters:** We're familiar with FOMO — the fear of missing out — and the anxiety it brings, but reframing down time as a joyful part of life can rejuvenate us, *The Washington Post's* Richard Sima [writes](#).

The big picture: FOMO rose in prominence as a phenomenon — and a source of distress — with the emergence of social media, which shows us a highlight reel of the exciting and enviable moments in everyone's lives.

- **Bearing witness** to those moments 24/7 gave way to constant comparison, feelings of inadequacy and stress.
- **Research has linked** more social media usage to more FOMO.

💡 **Zoom in:** JOMO was put to the test through a fascinating [recent study](#).

- **On Oct. 4, 2021**, there was an hours-long Facebook [outage](#), which took down related apps like Instagram, WhatsApp and Messenger.
- **Researchers at Israel's** Bar-Ilan University interviewed hundreds of people about that experience and found that they were relieved and happy to be disconnected.

📌 **Take action:** As we've noted in Finish Line editions about the [perks of solitude](#) and [digital detoxes](#), we can take steps to bring the JOMO into our lives.

1. **Schedule disconnected time** to do fun things like cook or play games — and note how it makes you feel.
2. **Set hard limits** on your social media usage by imposing time restrictions on certain apps or just stowing away your phone.
3. **Let yourself say "no"** to plans if that time might be better used relaxing and recharging.

And most importantly, remind yourself that social media is a cherry-picked portrayal of peoples' lives.

- **The Post's Sima** puts it simply: "Everybody misses out on something."