



Danger
Fear of missing out

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- _ ANXIETY & STRESS
- _ EXHAUSTION
- _ SLEEP DEPRIVE
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1. SOCIAL RELATIONSHIP

- # No more face to face conversation*
- # Fail to discriminate what is right and wrong*
- # Self-Reflection is neglected*
- # Pass by the REAL HAPPINESS in your life*

2. HAPPINESS & SUCCESS ARE REDEFINED

- # Success is = Number of Likes and share*
- # Approval by Followers*
- # Create the best image of yourself*



4. ANXIETY & STRESS

- # Consent more on others than yourself*
- # Judge other people lives*
- # Envy others and aim to create the perfect life*
- # Gain a Bigger social circles*
- # Self-conscious on messagers*



5. EXHAUSTION

- # After a whole day of work/ school, you will be burn out and overwork*
- # 24/7 "busy on social media"*

6. SLEEP DEPRIVE

- # Staying up late looking at social media to catch up*
- # Comments, likes & share on social media*



“ A stain of the fear of missing out can be easily flush away, it is not encourage to overlook FOMO ...”

“ WAYS TO AVOID FOMO ”

- # Don't be so hard on yourself for staying in*
- # Avoid staying too long on social media*
- # Plan an outing with your favourite people*
- # Join a sports or Yoga session*
- # Listen to music*
- # Love yourself*



Have You
Flush_The_Formo