



*Danger*  
# Fear of missing out



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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*

The background features a central dark blue area surrounded by lighter blue, wavy, organic shapes. Scattered throughout are various sized circles in shades of blue and orange. Two prominent orange, irregular shapes with internal details are positioned on the left and top right sides.

## 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