



EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

August—Do you have FOMO?!

How to Deal With FOMO in Your Life *The Origin of FOMO and How It Affects Our Health*

FOMO, or "fear of missing out," is a real phenomenon that is becoming increasingly common and can cause significant stress in your life. It can affect just about anyone, but some people are at greater risk. Here is what you should know about the history of FOMO, what research says, how to recognize it in your life, and how to manage FOMO to avoid negatively affecting your happiness.

What Is FOMO?

The fear of missing out refers to the feeling or perception that others are having more fun, living better lives, or experiencing better things than you are. It involves a deep sense of envy and affects self-esteem. It is often exacerbated by social media sites like Instagram and Facebook.

It can apply to anything from a party on a Friday night to a promotion at work, but it always involves a sense of helplessness that you are missing out on something big.

Brief History of FOMO

The idea that you might be missing out on a good time is not new to our era. However, while it has presumably been around for centuries (you can see evidence of FOMO in ancient texts), it has only been studied during the past few decades, beginning with a 1996 research paper by marketing strategist, Dr. Dan Herman, who coined the term "fear of missing out."¹ Since the advent of social media, however, FOMO has become more obvious and has been studied more often. Social media has accelerated the FOMO phenomenon in several ways. It provides a situation in which you are comparing your regular life to the *highlights* of others' lives. Therefore, your sense of "normal" becomes skewed and you seem to be doing worse than your peers. You might see detailed photos of your friends enjoying fun times without you, which is something that people may not have been so readily aware of in past generations.

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August 2020

August Quote: "Life is a gift, and it offers us the privilege, opportunity, and responsibility to give back by becoming more." — Tony Robbins

Club

President:

Dina Harmon



August Volunteer Opportunities:

August 6-16—Fair BINGO

August 9—Club Litter Pick Up

Future Volunteer Opportunities:

September 9—Fair Bingo

September 17—Toby Keith



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Social media creates a platform for bragging; it is where things, events, and even happiness itself seems to be in competition at times. People are comparing their best, picture-perfect experiences, which may lead you to wonder what you are lacking.

Research on FOMO

As more research on FOMO is conducted and becomes available, we are getting a clearer picture of what it entails and how it affects us. The picture is not pretty, as there are many negative effects of FOMO, and it is more common than you might expect. Consider the following:

Social Networking Sites

Unsurprisingly, adolescents use social networking sites at a high rate and may experience FOMO as a result. Interestingly, however, FOMO acts as a mechanism that triggers higher social networking usage.

Girls experiencing depression tend to use social networking sites at a greater rate while, for boys, anxiety was a trigger for greater social media use. This shows that increased use of social media can lead to higher stress rates caused by FOMO.

FOMO, Age, and Gender

FOMO can be experienced by people of all ages, several studies have found. One study in the *Psychiatry Research* journal found that the fear of missing out was linked to a greater smartphone and social media usage and that this link was not associated with age or gender.

The research also found that both social media use and "problematic" smartphone usage was linked with a greater experience of FOMO. Smartphone usage was related to fears of negative and even positive evaluations by others as well as linked to negative effects on mood.

Life Satisfaction Rating

Another article published in *Computers and Human Behavior* found several trends associated with FOMO. Fear of missing out was found to be associated with a lower sense of having one's needs met as well as a lower feeling of life satisfaction in general. FOMO was heavily linked to higher engagement in social media, as other studies have suggested—it appears that FOMO is linked to both feeling a need to engage in social media and increasing that engagement. This means that FOMO and social media habits may contribute to a negative, self-perpetuating cycle.

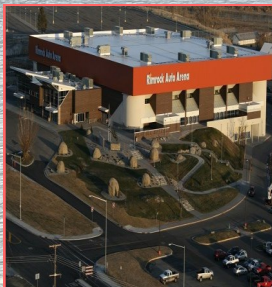
Potential Dangers of FOMO

Aside from increased feelings of unhappiness, fear of missing out can lead to greater involvement in unhealthy behaviors. For example, the same study in *Computers and Human Behavior* found that FOMO was linked to distracted driving, which in some cases can be deadly..

Minimizing FOMO

Fortunately, steps can be taken to curb your FOMO if it is something you experience. In turn, greater engagement with social media can make us feel worse about ourselves and our lives, not better. In this way, it helps to know that our attempts to alleviate feelings of FOMO can actually lead to behaviors that exacerbate it. Understanding where the problem lies, however, can be a great first step in overcoming it. The following can help.

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Come weekly at 7:00 a.m. on Friday to the Yellowstone Room and get to know your fellow Exchangers!



BEST CLUB BULLETIN

Exchange Club
75 or more members



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Change Your Focus

Rather than focusing on what you lack, try noticing what you have. This is easier said than done on social media, where we may be bombarded with images of things we do not have, but it can be done. Add more positive people to your feed; hide people who tend to brag too much or who are not supportive of you.

You can change your feed to show you less of what triggers your FOMO and more of what makes you feel good about yourself. Work on identifying what may be sapping your joy online. Work to minimize these as you add more to your feed (and life) that makes you happy.

Keep a Journal

It is common to post on social media to keep a record of the fun things you do. However, you may find yourself noticing a little too much about whether people are validating your experiences online. If this is the case, you may want to take some of your photos and memories offline and keep a personal journal of your best memories, either online or on paper.

Keeping a journal can help you to shift your focus from public approval to private appreciation of the things that make your life great. This shift can sometimes help you to get out of the cycle of social media and FOMO.

Seek Out Real Connections

You may find yourself seeking a greater connection when you are feeling depressed or anxious, and this is healthy. Feelings of loneliness or exclusion are actually our brain's way of telling us that we want to seek out greater connections with others and increase our sense of belonging.

Unfortunately, social media engagement is not always the way to accomplish this—you might be running from one bad situation right into an even worse one. Rather than trying to connect more with people on social media, why not arrange to meet up with someone in person?

Making plans with a good friend, creating a group outing, or doing anything social that gets you out with friends can be a nice change of pace, and it can help you to shake that feeling that you are missing out. It puts you in the center of the action.

If you do not have time to make plans, even a direct message on social media to a friend can foster a greater and more intimate connection than posting to all of your friends and hoping for "likes."

Focus on Gratitude

Studies show that engaging in gratitude-enhancing activities like gratitude journaling or simply telling others what you appreciate about them can lift your spirits as well as those of everyone around you.◦

This is partially because it is harder to feel as if you lack the things you need in life when you are focused on the abundance you already have. It also holds true because making others feel good makes us feel good.

A lift in mood may be just what you need to relieve yourself of feeling depressed or anxious. You likely will not feel as tempted to go down the rabbit hole of social networking and FOMO when you realize how much you already have. You will begin to feel that you have what you need in life and so do other people. This can be wonderful for your mental and emotional health.

Although FOMO is strongly correlated with social media usage, it is important to remember that it is a very real and common feeling among people of all ages. Everyone feels a certain level of FOMO at different times in their lives.

If you feel you are suffering from feelings of missing out, it can be helpful to reach out to a friend or spend some time reflecting on the things you are grateful for in your life. Activities like these can help us put things in perspective as we gather a greater sense of belonging and release the anxiety of "missing out" on anything.

Exchange, America's Service Club, is a group of men and women working together to make our communities better places to live through programs of service in Americanism, Community Service, Youth Activities, and its national project, the Prevention of Child

Committee Happenings:

BECON Committee—

Your August BECON Editor is Cavin Noddings.

Invocation Committee—

August prayer to be done by Rod Hessler.

Highway Cleanup Committee—

partnering with Liberty & Vine for August Litter Pick Up;

Meet at Liberty & Vine

Parking Lot by 8:00 a.m.

Freedom Shrine —

Freedom Shrine rededication at McKinley

School moved to school year.

GET INVOLVED!

*****Committee Chairs—
Please email your upcoming events to
dinahar-
mon1212@gmail.com
to be included in next
months newsletter!*****



CAP Center Corner

15 Thoughts Teenagers Wish They Could Share with Their Parents

1. I don't really think you are stupid and ignorant. I just need to affirm my existence by thinking differently than you.
2. I'm no longer a child, and I want to make my own decisions. When you make all my decisions for me, I need to rebel to assert my independence. When you tell me you trust my judgement, even in small things, I feel validated and don't need to rebel as much.
3. I feel good when you ask for my opinion. When you show respect for my ideas—as ridiculous as they may seem to you—I feel safe opening up to you. You show respect by listening attentively to my thoughts in a nonjudgmental way. If you can do that, we can start to talk.
4. When you start lecturing, I stop listening. When you think I'm wrong and the issue is really vital, asking questions gently to guide my thoughts in another direction works much better than a lecture. So does showing information from reliable sources. Trying to impose your views on me might make you feel powerful, but it makes me clam up and run away.
5. Appreciation is great; just remember that I'm not a kid! So don't say "Good boy" or "You're finally listening to me." That would be a prescription for immediate rebellion. Appreciation sounds like "I really admire how responsible you are about your Sunday job" or "Thank you so much for cleaning the kitchen. I was too tired to do it." Basically, show me appreciation in the same words that you would say to your friends.
6. Trust is so powerful. When you show me that you trust me and my abilities, I feel good about myself and about you, and I don't want to disappoint you.
7. When you speak negatively about my friends, I dislike you. I don't dislike them. What you say doesn't change my opinion about them.
8. I dress the way I dress to assert my independence. And sometimes to gain recognition. If you throw a fit because you don't like my style, you fall into a trap. You prove I can push your buttons.
9. It's much easier to respect you when you respect yourself and others. Respecting yourself includes keeping calm and speaking in a kind way, even when you really don't like what someone else is doing. Respecting others includes your children. Then, if I ever lose my cool and raise my voice, you'll be able to say, "I don't yell at you. Please don't yell at me."
10. My body is changing; my hormones are raging. I have too many teachers, and each of them gives us work as if nothing else existed. I worry about the horrible acne, the terrifying exams, the popular kid who's not my friend. The math teacher doesn't like me, and I don't know what's going on in biology. My friends are applying for jobs at a summer camp, and I don't know if the camp will accept my application. I worry I might have bad breath, and I worry the other kids might speak about me behind my back. I don't talk about all this because I'm overwhelmed and embarrassed. So please don't get upset at me if my room is a mess or if I act grumpy. I need support, not lectures.

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11. **Don't ask too many questions.** It's sooooo annoying. If you listen with interest and don't criticize, I might share on my own.
12. **Nobody likes to be bossed around.** If you tell me you expect me to wash the dishes, clean the car, take out the garbage ... I don't like it. But if you say, "We are a family and we share responsibilities. Your father and I work, and do XYZ. But we can't do everything. We need our children to pitch in. Don't ask for more than I can handle. We all want to make this a nice home"—that makes sense and I don't feel treated like a kid. It's also easier when you show me a written list of chores and ask me to choose which ones I'd like to do. And please, don't ask for more than I can handle.
13. **In my friend's house, the family eats dinner together almost every night.** And they have a rule: No devices at the table. The parents and kids talk to each other about their day, what's coming up in the next few days, or whatever else is on their minds. **I know I text at the table, but I secretly wish we were like my friend's family.**
14. **Sometimes, I want to be an independent adult.** Sometimes, I feel I'm growing up too fast, and I want you to take care of me. I actually like it when you know how to give advice in a smart way. You know, like when we're just chilling, having a chat. You talk to me like one adult talking to another, and you give me a little advice—sort of in a friendly, caring way, but not a bossy, top-down way. Not often; once in a while. I kind of like that.
15. **It might be awkward and not my style right now to say it, but I do love you.** I've always loved you. I think one day I'll be able to say it again. In the meantime, bear with me.

chabad.org

Looking for something to do and support community organizations at the same time?

August 7 & 8 —Downtown Chalk on the Walk

August 9—Downtown Litter Pick Up

August 23—Warrior Run

Mondays—Community Monday @ Hooligans (each week benefits different organization)

Tuesdays—Pint night at Last Chance Cider House (each week benefits different organization)

Tuesdays—Bingo Night at 406 Kitchen & Taproom (each week benefits different organization)

Wednesdays—Geeks Who Drink Pub Quiz & Trivia @ Thirsty Street At The Garage; 6:00 p.m.

Wednesdays—Evergreen Farmer's Market at Evergreen Ace Hardware; 4:30—7:00 pm

Thursdays—Gardener's Market @ South Park; 4:30 - 6:30 pm

Saturdays—Farmer's Market @the Zoo; 8:00 am—1:00 pm

