

Social media and your emotions



Have you ever heard of FOMO? It's "fear of missing out" — and you may be experiencing it from using social media. That's right: Social media can affect your emotions. It may make you feel lonely, anxious and sad.

How? While social media connects you to other people, it can also cause you to compare your life to the lives they share online. When you see posts of friends at a party, you may feel left out. If you see someone's vacation pictures, you may wonder why your own vacations don't seem that great.

Feeling "less than"

Social media can leave you feeling as if your life is less exciting, less romantic or less successful than other people's. You may think you're missing out. That's FOMO.

Social media isn't reality

It's important to realize what you see on social media isn't always reality; it's simply what others choose to share. You can have FOMO if you start to believe that other people's lives really are all parties, beaches, romance and good times.

The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law. This material is for informational purposes only. Information is believed to be accurate as of the production date; however, it is subject to change.

Ways to conquer your FOMO

Help yourself overcome FOMO by:

- Limiting your time on social media
- Connecting with people by getting together in person
- Appreciating what you have in your own life rather than comparing it to what other people post online

You can beat FOMO. Just tune out of social media more often and tune into the pleasures of your own life.