

fomo- fear of Missing Out

AM HAPPY TO JOIN IN WITH...

WHY DOES IT FEEL SAFE?

AM APPREHENSIVE ABOUT JOINING IN WITH,
BUT FEAR MISSING OUT ON...

WHY DOESN'T IT FEEL SAFE?

SOMETIMES PEOPLE PUT ON A MASK TO HIDE
THEIR ANXIETY OR WORRY.

WHY DO YOU PUT ON A MASK?



FOMO – Fear Of Missing Out

A worksheet for Secondary School Pupils

Aim of this worksheet: To aid conversations with C & YP about their fears around losing out.

The fears could be related to the Covid-19 epidemic but there could be other reasons.

Although lockdown is officially over, there may still be restrictions in place for some time in terms of what people can do and how closely they do it.

We know that many adolescents have found that the restrictions have impacted on their feelings of loneliness. This is because different parts of the brain develop at different times, the regions related to emotions and reactions develop earlier than regions related to behaviour control and emotional regulation.

They may currently feel anxious about the opening up of things, and re-engaging in social gatherings, whilst at the same time want to belong.

Ask them to consider the following questions and put down their thoughts in the corresponding boxes:

What are you happy to join in with?

Why does it feel safe?

What are you apprehensive about joining in with, but don't want to miss out on?

Why doesn't it feel safe?

And in relation to putting on a mask:

Why do you put a mask on?

Key points:

Explore the concept of feeling safe/unsafe.

It can be helpful to talk about how people put masks on in certain situations to hide things like social anxiety / fear / worry.

Young people you are working with may find it helpful to work in small groups to complete this worksheet.