

A full-page background image of a forest in autumn. The trees are covered in bright red and orange leaves, with some bare branches visible. A dirt path winds through the forest floor, which is covered in fallen leaves. The lighting is soft, suggesting a misty or overcast day.

4 Ways to deal with **Fear Of Missing Out**

Tom Wetjens

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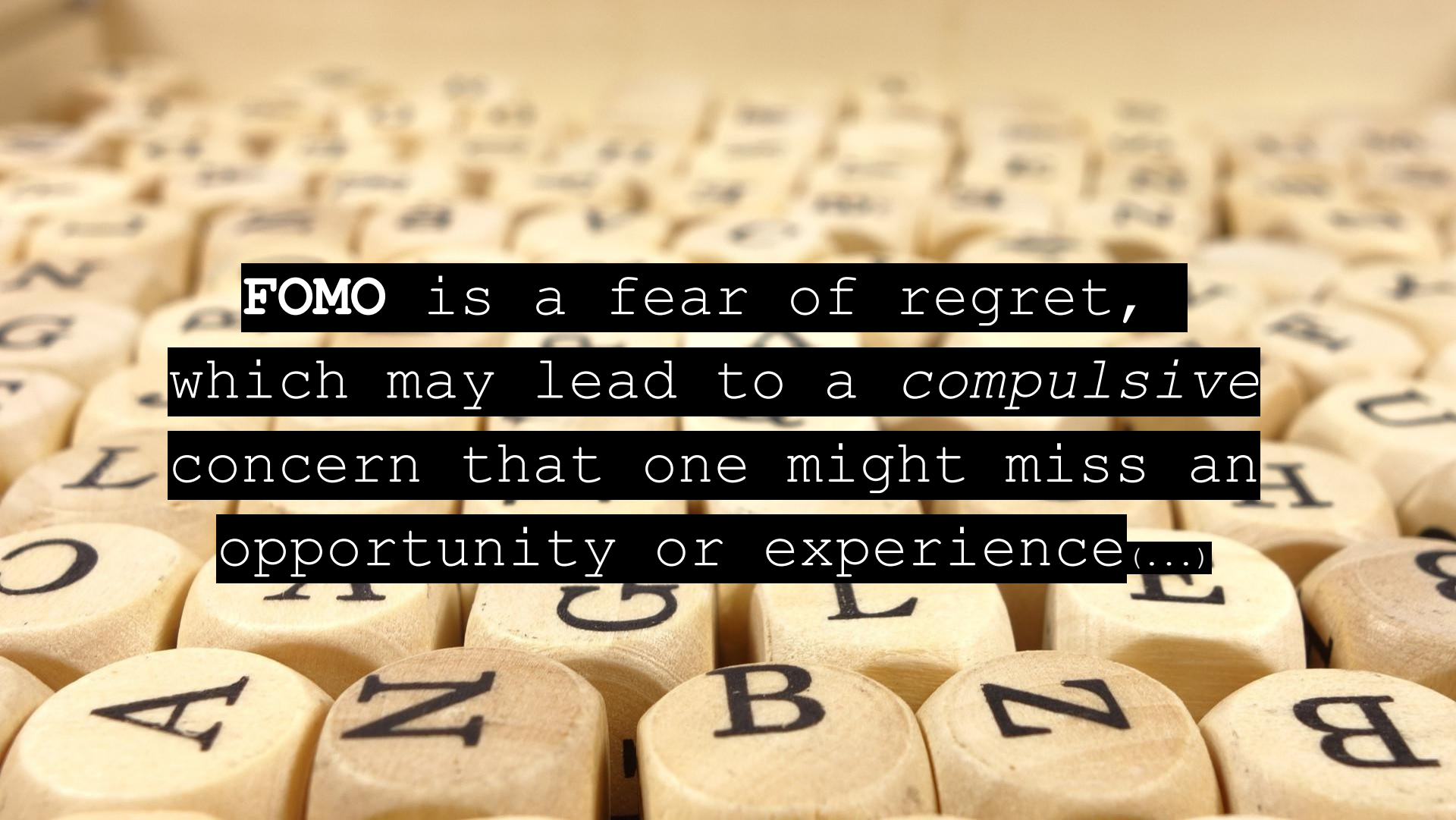


Instagram





I had FOMO!



FOMO is a fear of regret,
which may lead to a *compulsive*
concern that one might miss an
opportunity or experience(...)







A close-up photograph of two cats, a light brown one on the left and a grey one on the right, both with bright orange eyes. They are sitting on a wooden surface. A colorful, patterned knitted sock is positioned between their front paws. In the background, a red brick wall and a window showing a garden are visible.

Pet
projects?

(Really my cats)

A wooden Scrabble rack containing the word "STRESS" in wooden tiles. The tiles are light-colored wood with black lettering. The letters are S, T, R, E, S, S. The rack is placed on a wooden surface. Several other Scrabble tiles are scattered around the rack, including S, E, R, and others.

**Always
checking
phone**

**Difficulties
concentrating**

**Sleeping
problems**

Restless

Mostly...



... What about
the failures?





Always missing out on
SOMETHING...

A large, dense pile of books and papers, representing a vast collection of knowledge. The books are of various sizes, colors, and thicknesses, creating a complex, textured surface. Some book spines are visible, showing titles and covers. The papers are scattered throughout, some overlapping the books, others lying flat. The overall impression is one of a vast, unorganized repository of information.

Life long learning

Time

Energy

It's hard!



What motivates us?

Freedom

Learning

Purpose



A perspective view of a paved road with a yellow center line, stretching into the distance through a dense forest of tall, thin trees. The sun is low on the horizon to the left, creating a bright starburst effect and casting a warm, golden glow over the scene. Several birds are visible flying in the sky above the road.

#1

Put it into perspective



#2

Prioritise and focus



#3

Align with career



#4

Expert or All Round?



Jack of all trades
Master of none

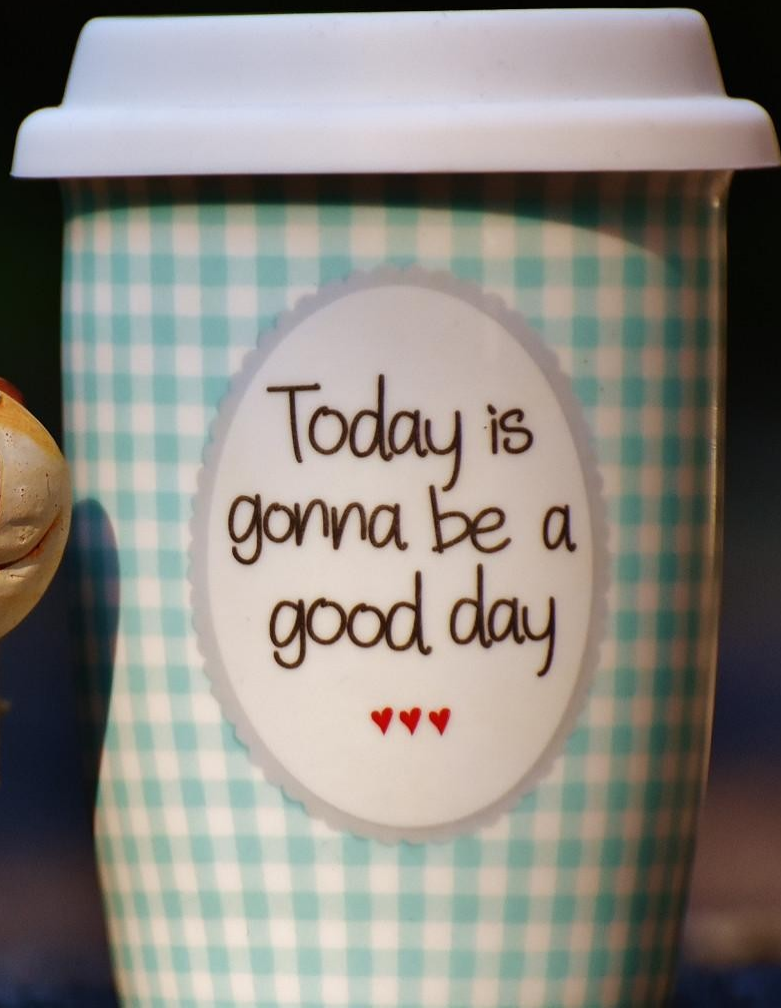
...but often better than
master of one



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Today is
gonna be a
good day

