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Issue #16

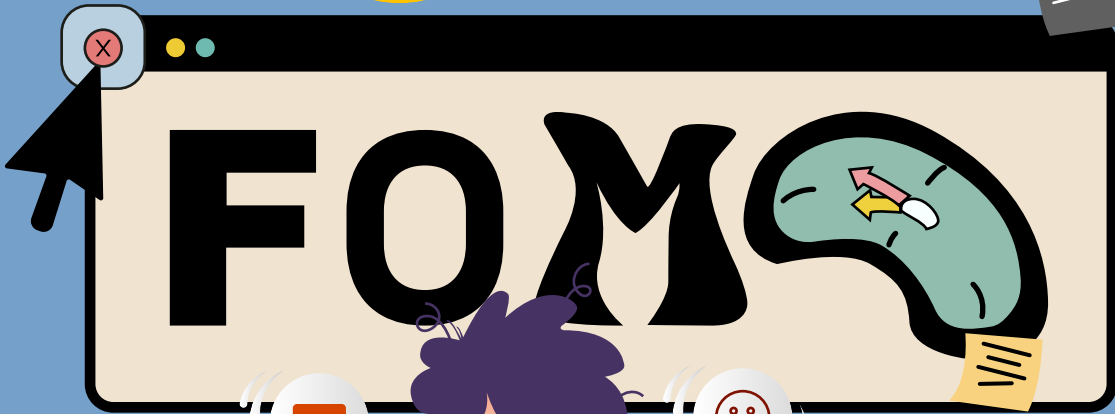




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Glimpse

Woxsen-Monmouth Elevate Program

The Bal Chetna Shivir was successfully completed by Ms Aswini Kalyani, Assistant Professor (School of Arts & Design). The sessions focused on enriching the children's lives and increasing their overall mental and physical well-being. Children were taught simple breathing techniques which help them free from diseases, keep them mentally calm, improve concentration level, and acquire clarity of thoughts. The Shivir also included a lot of fun-filled and innovative games and knowledge sessions, ending with a moral to implement in the day - to day routine. Students thoroughly enjoyed all the sessions.



Mr Shakti Singh, Senior Behavioral and Practice- ERS Facilitator is teaching the children the concept of basic sciences with real-life case examples, making the classes extremely interesting and intriguing.



The Elevate Program kids were introduced to Art & Craft sessions by Dr Suman Mazumdar, Assistant Professor (School of Arts & Design) who taught them the best out of waste products and other creative learning sessions.

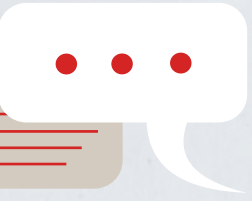
Heart-Unlocked Event

The Student Wellness Cell in collaboration with the Just Naach Dance Club conducted 'Heart-Unlocked Event', an initiative by the Community Service Volunteers to enhance the mental health & well-being of the student community at Woxsen. The event had fun stressbuster activities like sharing funny stories from one's life, playing the number game & unlocking the chain, and numerous fun dance games like remote control dance, dancing opposite to the emotion, freeze dance and so on. The Wellness Cell is in a continual process to help the students manage their stress effectively and encourage them to lead a happier, healthier, and more productive life.





The Fear of Missing Out



Imagine it's a Friday night and you're at home scrolling through Instagram looking at people's stories. Suddenly you come across a friend's story from the party you couldn't go to. Now that you look at how much fun they're having, you start feeling anxious and other negative emotions. This is exactly what FOMO is.

FOMO stands for "Fear of Missing Out." There are many instances where you can be a victim of FOMO, be it voluntarily or involuntarily. This word is mostly used for social settings as you are inclined to feel left out by not being part of the event.

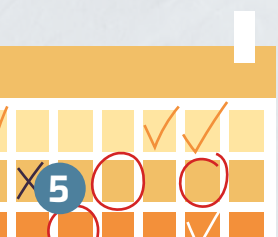
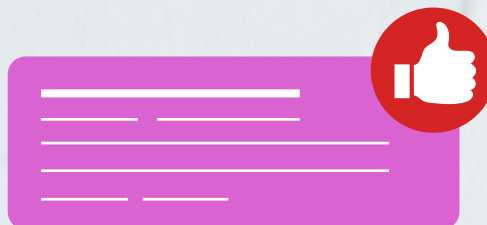
FOMO arises due to factors like fear of drifting from friends as you weren't part of some core memory of the friend group, missed opportunities of getting closer to someone you already knew or a potential friend, not understanding inside jokes and also fear of not being invited the next time as you bailed on them this time.



While FOMO is temporary, feelings like anxiety and insecurity can have a bad impact on your relationships in general. FOMO is something inevitable, however, its intensity can be reduced by indulging in a few activities or in simpler words, distracting yourself from the situation.

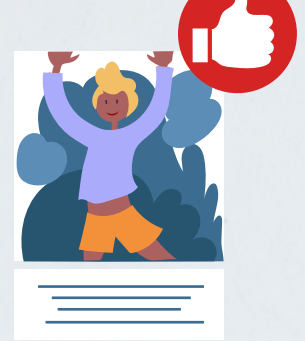
Steps you can follow to reduce FOMO:

1. Accept that it is not possible to make it to every single social gathering and sometimes there are other things on your list that need your time.
2. You can always make it up to your friends by planning an event yourself this time.
3. Avoid social media as there is a high chance that your FOMO might worsen looking at all the content people post from the event.
4. Utilise your time wisely so that you don't regret not showing up as you were productive in some other way.



- Pravalika Nukala
B. Com - 2024
Content Writer | SWC





Leveraging FOMO

We have established that FOMO is the anxiety paired with insecurity we feel when something interesting is happening somewhere else and we aren't a part of it. This anxiety compels individuals to be concerned about the possibility that they are missing out on or will miss out on a rewarding opportunity. Even though the term "Fear of Missing Out" (FOMO) did not become official until 2000s, the concept of FOMO has been immortal.

Everyone has seen those cliché teen films where the protagonist is typically seen sulking in their room since they weren't invited to the popular party.

With the steadily increasing use of the internet, social media has become an essential part of our regular social relationships. The use of social networking sites has an obvious and undeniable impact on health and wellbeing of an individual. Let's face it, most of us have been in this predicament before. These situations create a strong sense of insecurity, prompting thoughts such as "My life isn't as exciting as theirs," or "What am I doing with my life?". This eventually leads to a deepening sense of FOMO.

But the most essential thing to keep in mind here is that social media is neither good nor bad; it is merely a platform. It is up to us to make something of it. And the responsibility is placed on us to use social media wisely.

Many people have been successful in capitalising this particular fear of FOMO to earn profits.

Companies today leverage the FOMO factor to actively promote their products. Effective "FOMO" marketing methods have multiplied as businesses have realised how much this phenomenon affects and conditions people's behaviour. The time limit on offers, the number of items left in stock, the limited issue sales, etc are ensured to trigger urgency and are significantly inspired by this psychological construct. And hence FOMO is often referred to as panic buying.



A recent study showed that FOMO was a major driving force behind the rapid rise and fall of the price of Bitcoin in 2017. A trader is quite likely to follow the economy and market before deciding, and it is obvious for a large number of people to rush into a risky investment because they do not want to miss out on a profitable venture that others are involved in, which can lead to financial bubbles and harm the economy in a long run.

The proven way to combat FOMO is cut it down at its root cause and start practicing gratitude. A person is less likely to be nervous, lonely, envious, or materialistic the more inclined they are to gratitude. We can carefully work toward the deep satisfaction that comes with the practice of mindfulness—the discipline of being present in our lives and offering open minded awareness to our moment-to-moment experience, instead of chasing after what might only be an illusion of happiness.



- Anika Raj
BBA - 2023
Community Service Volunteer | SWC

What's the Psychology behind FOMO?

In a study, Przybylski et al. (2013) associated FOMO with the self-determination theory arguing that it arises from the psychological needs of the individual such as autonomy, competence, and relatedness.

The self-determination theory by psychologists Edward Deci and Richard Ryan suggests that human beings have three innate psychological needs for development and motivation:

Autonomy- The need to be self-sufficient

Competence- The need to excel and learn different skills

Relatedness- The need to belong, connect and relate with others

Researchers suggest when these needs aren't met, that's when we feel FOMO. Fear of missing out can also stem from unhappiness and dissatisfaction with life.

Impact

FOMO can trigger psychological pain and increase the use of social media. Studies show that FOMO has a detrimental effect on our mental and physical health –unhappiness, loneliness, anxiousness, feelings of inferiority and isolation, unhealthy behaviours, and sleep difficulties. Fear of missing out affects an individual's self-esteem.

FOMO and social media usage may contribute to a vicious cycle. However, it is up for discussion if social media induce FOMO or creates opportunities to indulge in our feelings.

FOMO



Embrace J.O.M.O (The Joy of Missing Out)

Blogger and Entrepreneur Anil Dash wrote about the "Joy of Missing Out," a term he coined to describe the satisfaction of doing things on his own terms. Accepting that you are missing out and there's nothing you can do about it really helps.

A scene from a Bollywood movie, Yeh Jaawani Hai Deewani reinforces this idea when Naina (Deepika Padukone) says to Bunny (Ranbir Kapoor) that no matter how much he tries, something or the other will be missing so it's important to be where one is and embrace it completely.

It is important to turn inwards and introspect about one's own happiness and motivation. Self-appreciation of your life can shift your focus and help you mindfully engage with yourself and others. It will increase your happiness, boost your self-esteem, and contribute to overall mental well-being. Break the loop of being stuck in FOMO by embracing your authentic self, inculcating mindful practices, identifying the triggers of FOMO, and understanding what makes you feel good about yourself.

Indeed, there is a great joy in missing out when you are with your best company, YOU!

JOMO



- Shahnaz Rahman
Head – Student Wellness Cell



Did you Know?

Based on numerous studies on the subject, it has been proven that young adults are more susceptible to FOMO than older adults.

According to recent studies, with 69% of them experiencing FOMO, the millennial generation in particular is the most affected. They are also thought to be the main catalyst for others to experience FOMO.

The most prevalent triggers of FOMO in them are Facebook (72%), Instagram (14%), Twitter (11%), and Pinterest (8%).



- **Samhitha Reddy Gopidi**
(B.Arch 2025)
Community Service Volunteer | SWC



Therapy Stories

"Life can throw a person many ups and downs over the course of their life. It's when you likely have a particular person or a group of people who listen and provide insight to help you navigate rough patches and big decisions. And yes, I did have a rough phase in my life due to many reasons after few months I joined my postgraduate and I had no one close to my heart which made me feel homesick, isolated, insecure, and felt like giving up. Even when I tried to express exactly how I felt, it was very difficult to put it out.

The only way I felt better was when I met counsellor and cried on the very first day while I was telling her my part. I am so grateful for your kind help, advice, and the time you spent with me. The discussions we had gave me comfort, hope and courage to move on with life no matter the circumstance. The sessions gave me a clear direction for how to proceed in my situation. Thank you for your guidance!"



- A Student from School of Business

Creators Page



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