

## Fear Of Missing Out

Social media sites—which aren't very social or media-covering—show us the highlight reel (now with digital enhancements and a soundtrack) of only the best bits of those who are at the top of their fields. We watch our friends go to events, celebrate their accomplishments, and share their most exciting moments. This can leave us desiring closer friendships or wishing for the prettier, sunnier, and all the assumed betters out there—all the things we feel like we're missing out on.

Some feel they need so much from others that they cannot fulfill this perceived need. For me, even though I never had extrovert qualities, I put myself in situations of being alone, being one-on-one, and being with groups ranging in size. It took years, but I grew to find comfort and rejuvenation no matter the abundance or lack of people in the day or week.

How do we stop feeling worried, anxious, and fearful of missing out? The best way is to create your balance.

If you feel like you are missing out, find fun events to attend, and go out of joy rather than fear. Use a large paper calendar and write things you're going to do AND things you did. Then, at times, you can look to upcoming joys and to all the fun you have had.

Time does not permit us to date or meet everyone. We could not attend all the parties today, even if we had a superpower over time because it would take hundreds of years to go to them all. But let's say today you are alone. Write in your calendar that you danced while making food, read part of a great book, and improved this or that area of your life. Perhaps you also exercised and found three great events to attend later. One of them is an artist's day at a park in a nearby town, another is a hike you have never been on, and one is a cello concert six months from now.

As the weeks and months pass, your life gets filled with a myriad of time with yourself, time with a friend or family member for one-on-one conversations, and time with gatherings of people that once crippled you in fear or that you once desperately longed for. And, in each of these places, you get to be content. You have learned to be you.

Fear of missing out is the result of focusing on what you're *not* doing versus what you *are* doing. It is jealousy mixed with low self-worth—jealousy of someone having great friends, while you have great family members and friends you haven't even met yet. You are growing as a person—just how much more worth could anyone have? To let go of fear, you must stop clinging to comparisons. Hold on to gratitude with one hand and adventures with the other. This month, limit social media time and share new things you are grateful for with someone every morning. Allow yourself to enjoy every moment of life. Laugh at the mistakes. Treat cancellations as free adventure days. Fast or slow, treat it all the same. Life is grand. It isn't a photo-shopped highlight reel. It is real!

Now you may say that this isn't a worksheet. There is nothing to fill in, after all. But I want you to think of this page like you would a whole book. Your book. A book of life. Fill it in, not with fear, but with grace. I always have the same closing because *applying* this is the only way to succeed. Find events, from dances you're afraid of to gardening you enjoy. And go without fear!

If applying this helps improve your life, then look for more resources at:

[www.EmotionalManagement.org](http://www.EmotionalManagement.org)