

#DoThisThing: 'Eff With FOMO

JOMO is the new self-care.

The **JOMO** (joy of missing out) doesn't come from missing out on *that*, it comes from NOT missing out on *this*. Start today: *Disconnect, create and reconnect*—with you and that which really matters.

1. Put down the damn phone.

Shut the laptop and turn off your other devices. Expect anxiety. Feel what it feels like to be you in this world without distraction. Yep, that's the feeling. Maybe it's the one you've been trying not to experience, but it's worthwhile. It takes skill to learn to be okay with yourself.

Take notes: What does it feel like physically to be without your device? What emotions are surfacing?

Physically, I feel:

Emotionally, I feel:

2. Circle all of the things you would love to do with your free time.

Read a book	Bake with mom	Volunteer in your community
Write a poem	Watch a movie with your BFF	Garden
Create art	Visit your grandma	Do a workout
Take a nap	Hang with your little brother	Other _____

3. Commit to connecting with yourself (& other people and stuff that matters)

for 30-minutes a day on the weekdays and for half of every day on the weekends. To start: Create your plan; note who you need to reach out to to make it happen; reach out and finalize arrangements TODAY.

	MON	TUES	WED	THURS	FRI	SAT	SUN
Time							
Activity							

#NOTTHERAPY