

THE ADVENTURES OF A CYBER-SURFER



A

HOT CUP OF FOMO !



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Hey Aly..
Whassup?



WOW...
Thanks for the
invite guys!





What do you mean ?



So we just thought we'd grab a quick coffee.

Oh I mean Ömer and I were just out get some dish soap

Uh hello, you guys are hanging out without me.



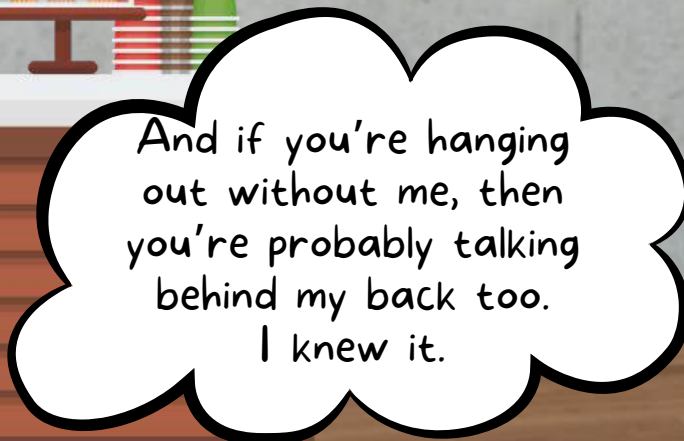


No i didn't say that..



Oh ok so you guys wew already hanging out without me.







And then in about a month,
you're probably gonna ditch
me forever and the two of
you will probably go out
more without inviting me.





PORTAL,
STOP!



And before I kknow it, you
two gonna move to a
different city with a new
set of best friends and go
on new adventures without
me....





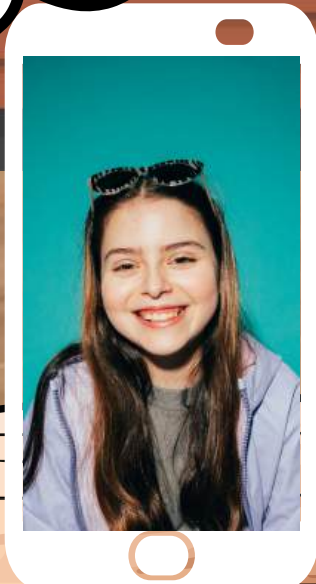
Look , you're experiencing what's called FOMO.
Fear of Missing Out.
It's very common for people to see other people hanging out on social media and feel that they are left out.





But worrying about these things will just affect our mental health. Besides , we can't be everywhere at once right?

So don't worry about what you see on social media. We're still your friend..



Yeah.. You know what, why not come down here and have a cup of coffee with us too ?





TIPS FOR YOUNG LEARNERS:

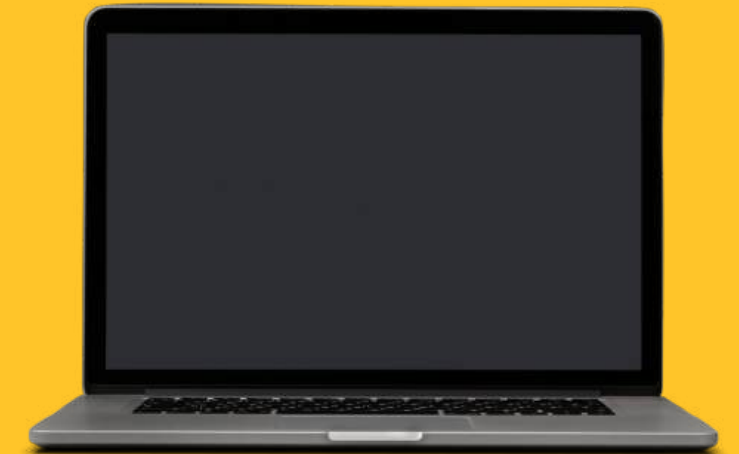
When you spend time on social media, you can experience FOMO – The Fear of Missing Out. When we see others posting the highlights of their lives online, it can sometimes make you feel sad or excluded. When you feel that you are experiencing FOMO, you can try some of these tips to improve your mood and wellbeing: FOMO can sometimes make you feel left out, disappointed or upset. It is important to recognise what different things can make you feel in order to look after your wellbeing. Complete the activity below by colouring in the pictures that you enjoy doing. Discovering things that make you happy and partaking in these activities can help you to feel good and eliminate FOMO from your life!

- Focus on what you have
- Keep a journal
- Spend time with your friends
- Live in the moment
- Have technology-free time



FUN ACTIVITY FOR YOUNG LEARNERS

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