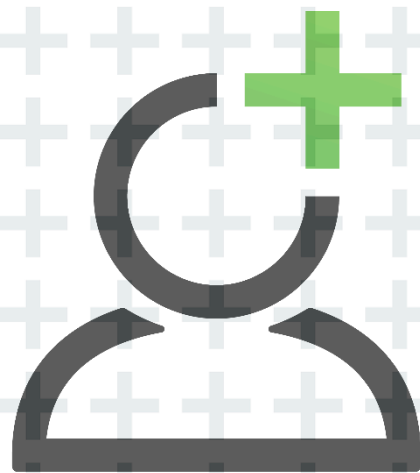


**Interactive  
Infographic: HOW  
DOES FOMO  
AFFECT ME?  
Case Study**



**POSITIVE MENTAL HEALTH  
FOR YOUNG ADULTS**





Interactive Infographic Theme. HOW DOES FOMO AFFECT ME?			
Case Study Scenario Title.		CS Code	Case Study CS2.2
Type of resource	Case Study	Type of learning	Self-directed learning
Duration of activity	30/45 min	Learning Outcome	The learning outcome will be to detect negative attitudes as a consequences of having FOMO, identify the feelings that normally go associated to this behavior and hoe to start to deal with all this fear.
Aim of the case study?	The aim of this exercise is to recognize and identify common symptoms for those who may be suffering from FOMO, as long as start to think how to approach the problem.		
Introduction	<p>Lisa and Mark are siblings. They are sharing Mark's flat; he is already working but Lisa is at Uni, and they decided that live together will be the best option for them in terms of sharing costs.</p> <p>Mark is nearly 30 and Lisa is 22.</p> <p>Mark is lately a bit worried; he sees Lisa always in her phone, she is always going out, but she complains about her tiredness, she seems to be racing for being the most popular girl, always double checking with her brother what's the best option to have fun, Mark finds incredibly irritating that his sister is taking pictures of everything (food, outfits, cup of coffee, etc) to post them in her Instagram account, trying to look so happy but the truth is that she is quite forgetful these days, she seems a bit shirty and sad at times.</p> <p>He has a close friend who is a psychologist, he has explained Lisa's behavior to him and the Psychologist is afraid that Lisa may be suffering from FOMO.</p>		

Challenge	<p>The key of Lisa's problem is that she is trying to do everything, even when she is exhausted, she is so into her social media life, but this situation is starting to be problematic.</p>
Assignment	<p>In this case:</p> <ol style="list-style-type: none"> <li>1. Do you think Lisa is suffering from FOMO?</li> <li>2. What are the attitudes which make you think she is dealing with FOMO?</li> <li>3. What are the feelings she is going through?</li> <li>4. How do you think Mark is feeling?</li> <li>5. How can Mark start to talk to Lisa about this?</li> <li>6. What do you think are the steps to take to help someone suffering from FOMO?</li> </ol>
Additional resources or further reading	<p><a href="https://childmind.org/article/social-media-and-self-doubt/">https://childmind.org/article/social-media-and-self-doubt/</a></p> <p><a href="https://www.bustle.com/p/do-i-have-fomo-the-signs-of-fear-of-missing-out-based-on-your-social-media-habits-5552576">https://www.bustle.com/p/do-i-have-fomo-the-signs-of-fear-of-missing-out-based-on-your-social-media-habits-5552576</a></p> <p><a href="https://www.verywellmind.com/how-to-cope-with-fomo-4174664">https://www.verywellmind.com/how-to-cope-with-fomo-4174664</a></p>



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