

SECONDARY PARENT NEWSLETTER ARTICLE

PERMAH+ Lessons: Middle – FOMO AND JOMO
Senior – JOY OF MISSING OUT

Wellbeing Element: Engagement + mindfulness

WHY: for students to understand that JOMO (Joy Of Missing Out) is an effective strategy to overcome the horrible social media addiction of FOMO (Fear Of Missing Out).

How often do you see groups of people with their heads buried in their phones and not engaged in conversation? They are addicted to FOMO and missing out on the wonder and warmth of human interaction. FOMO is caused by the small pleasurable dopamine hits they receive when on social media. Students in particular, crave social media acceptance from their peers. They thrive or feel down depending on the number of hits they receive on their posts and often spend stay up far too late gaming. The consequences to both their mental and physical health, are often very serious.

FOMO can be overcome by teaching students about the wonderful uplifting feelings that they will experience when they use JOMO to significantly reduce their time on social media. Also, a brainstorming session with students on the long term benefits to growing their best selves being a FOMO slave to social media will reveal none at all. Dopamine is a feel good brain chemical which in the past rewarded students when they had achieved something special. It is not meant to be in their systems all of the time when on social media; the medical consequences of this are yet unknown.

Acknowledgement: Greenfield & Hassed

Living and Learning Growth Activities:

Middle

Mindfulness Word Search: because the activity combines repetition, pattern and control it will calm and relax them.

Wellbeing Growth Tip: Try team activities; meet new people, feel belonging, appreciate others and yourself.

Senior

Problem Solving: Crossing the River – A farmer with a dog, a cat and a rabbit came to a river he wished to cross. His boat could only hold himself and one of the animals. He cannot leave the dog alone with either the cat or the rabbit, but can leave the cat and rabbit together.

Academic Growth Tip: Have a separate revision folder for each of your subjects at home.

Character Strength: brainstorm how they can use *Love of Learning* to build their living and learning growth and wellbeing.

Parent Wellbeing: to enjoy a healthy state of wellbeing you need to have optimism and hope for the future which relies on: goals, which guide your actions, pathways which are ways to achieve your goals and motivation, which activates your pathways. We all need to be hopeful for something good every day. Think about how you are developing each of these optimism and hope components.

Acknowledgement: Snyder