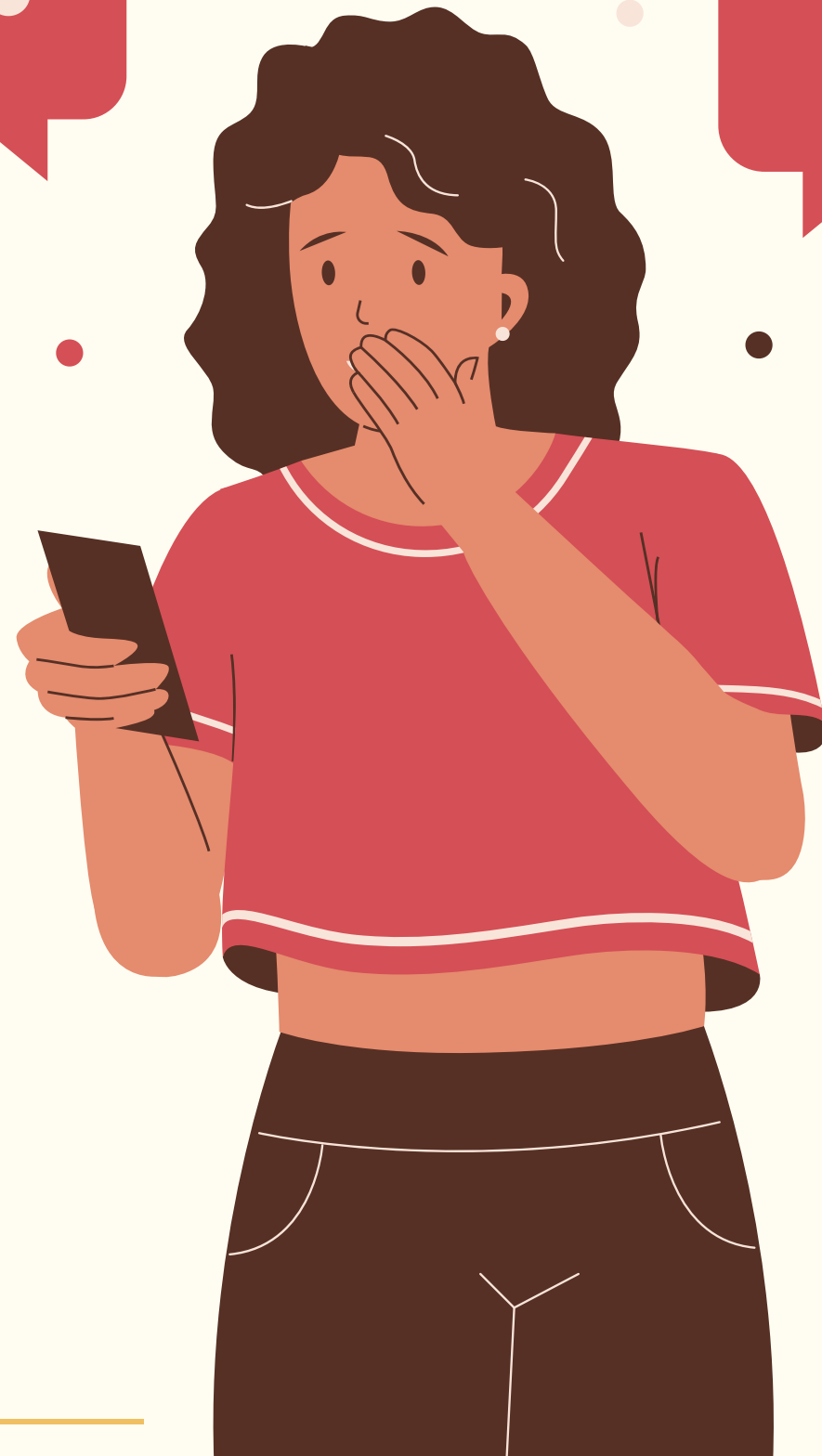


VIDEO-BASED DISCUSSION

FOMO - the fear of missing out: Bobby Mook at TEDxUNC

TED Talks

#FOMO



Let's talk!

1. Have you ever experienced FOMO? What exactly are you afraid of missing?
2. What are some common signs that someone is experiencing FOMO?
3. What are you/people sacrificing by trying to be everywhere or do everything?
4. In what ways do influencers and online trends intensify FOMO among users?
5. How much of your energy is going toward proving you're living a “full” life?
6. What would happen if you let yourself miss out?
7. What strategies can people use to manage or reduce FOMO in their lives?



PICTURE 1



PICTURE 2



PICTURE 3



1. What do these pictures have in common?
2. In your opinion, which age group is most susceptible to experiencing FOMO? What factors might explain this tendency?
3. Have you ever found yourself in a situation where you felt a strong urge to check your phone or scroll through social media? What triggered that feeling?
4. To what extent do you struggle to disconnect from your phone during social interactions with friends or family, and what underlying factors do you believe contribute to this difficulty?

QUOTES

DO YOU AGREE?

1. 'More channels (for today's society) than ever that foster this fear.'
2. 'It keeps us from connecting to people.'
3. 'Keys to being happy are connection and accomplishment.'
4. 'Overuse of social media and cellphones is correlated to higher anxiety and lower performance.'
5. 'The reason we experience FOMO is our struggle to answer essential questions, like: Will I be remembered? Am I significant?'
6. 'What is my fear telling me?'



Spodobała Ci się ta prezentacja?

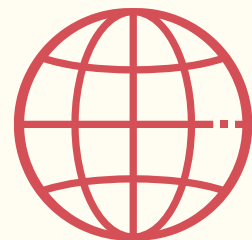
Po więcej materiałów zapraszam tutaj:



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