

Short Paragraph: "Why I Might Benefit from JOMO" Embracing JOMO could help me focus on what truly matters--like hobbies, rest, and meaningful connections--instead of chasing endless distractions. By letting go of FOMO, I might feel more content with my choices and less anxious about "keeping up." I expect it to discuss how constantly chasing social validation (FOMO) can be stressful and how embracing solitude (JOMO) can improve well-being. While-Watching Task 3 Benefits of JOMO (from the video): Reduced stress and anxiety from constant social comparisons. Missing out on present-moment joy by always seeking the "next thing." 3. Post-Watching Reflection Which part did you relate to the most? Why? I related most to the idea that FOMO makes people feel pressured to say "yes" to everything. FOMO (Fear of Missing Out) is the anxiety that others are having rewarding experiences without you, often driven by social media. What does JOMO mean? 2