



American
Heart
Association.

JOMO: The Joy of Missing Out

FOMO (fear of missing out) is very real in today's always-on world. We constantly check for the next email, to-do or news headline. But this can leave us more stressed than ever. **Disconnecting is a fantastic way to recharge.**

Replace FOMO with JOMO



Use the "do not disturb" setting to focus



Wait to check after-hours emails



Only check the news headlines once a day



Enjoy a disconnected weekend

Just a few benefits of JOMO



Deeper connections



Better sleep



Less anxiety



More creativity

