

Let Go the FOMO

Embrace this down lo:
Life online ≠ Real life

The fear of missing out is understandable in these days of living out loud. So too is a rise in perfectionism – up 33 percent among U.S., Canadian and British college students since 1989.

“Millennials feel pressure to perfect themselves partly out of social media use that leads them to compare themselves to others,” explains Thomas Curran, a researcher at the Centre for Motivation and Health Behaviour Change at the University of Bath. None of us is immune.

Start by memorizing this equation: Life online ≠ Real life.

Real life is actually greater – and, yes, messier – than living online. It’s worth reminding yourself every time you check in on your social feeds.

Notice when you find yourself comparing yourself to strangers. It happens to everyone!

See if you can shake it off ... maybe even LOL and give yourself a break. <3

Practice Self-Kindness

Send a wish for well-being
to yourself and others



As odd as it sounds, being kind to yourself can take practice.

Here is a little technique used by people all over the world. You will need a little quiet and a couple of minutes.

- Find a safe place to sit comfortably.
- Start by paying attention to your breathing, feeling your breath move in and out.
- Rest in the quiet, repeating a small wish for yourself.

Meditation teacher Sharon Salzberg teaches people to use a phrase something like this: “May I be peaceful and happy.” You can use any words you like.

Research shows even a few minutes of this practice can enhance your sense of daily joy, gratitude and hope.

Chances are this will feel weird at the start. It gets easier.

**TO EXPAND THIS MEDITATION,
SEE CHAPTER 4**

 **DISCOVER MORE WAYS TO
PRACTICE SELF-KINDNESS**