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.**

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**JOMO: The Joy of Missing Out**

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

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**Just a few benefits of JOMO**

- Deeper connections
- Better sleep
- Less anxiety
- More creativity