



## **FOMO and Frustration Discussion Questions**

**December 2024**

1. How do you manage your frustration when you miss out on events?
2. What are the most difficult occasions to miss due to your health and pain?
3. Are you able to take breaks from social media when you are feeling the Fear of Missing Out (FOMO) ?
4. Do you find it helpful to use expressive writing when dealing with FOMO? Explain.
5. What ways have you found to prioritize activities when you must make hard decisions?
6. When you feel like you're missing out, do you try practicing gratitude for what you have? If so, does it make a difference?
7. How have you used technology, like Zoom, to participate in activities or events instead of completely missing out on it?
8. What mindfulness practices help you manage disappointments? (like grounding or focusing on the present)
9. What are ways you are compassionate with yourself when missing out on activities?
10. How do you decide when to say no to commitments that aren't realistic for your health?
11. What are ways you could be more self-compassionate when you are feeling FOMO losses?
12. Have you tried setting time limits on your use of social media? If yes, does it help you?
13. How do you handle accepting your limitations?
14. What are ways you cope with loneliness in your life?
15. How do you find ways to connect with others given your limitations?
16. How do you cope with the feeling of missing out on activities because of chronic pain?



17. What strategies do you use to manage FOMO when your chronic pain limits your participation in social events?
18. How do you balance the desire to join activities with the need to prioritize your health?
19. Can the stress of FOMO make your chronic pain symptoms flare up? If yes, how do you handle it?
20. How do you remind yourself to be kind to yourself when FOMO triggers feelings of guilt or frustration due to chronic pain?
21. In what ways can you practice mindfulness or self-compassion to help you manage FOMO?
22. How do you communicate with others about your chronic pain to reduce feelings of missing out without feeling judged?
23. What emotions do you experience when you're unable to join social events due to chronic pain?
24. In what ways do you communicate your pain to others when you have to decline social invitations?
25. How do you overcome feelings of resentment or jealousy when you miss out on social activities because of chronic pain?
26. What strategies do you use to stay connected with friends and loved ones despite your limitations from chronic pain?
27. What self-care practices help you manage frustration when your chronic pain prevents you from going to events you enjoy?
28. With all the frustrations of living with chronic pain and illness, what have you found that helps you the most?
29. How do you cope with FOMO (fear of missing out)?
30. Do you know when it's time to unplug from social media? Or when you find yourself comparing your life to others?



31. What are all the different groups that you attend that help you when you feel fear or frustrations? (there are so many, even outside of US Pain)
32. How do you show yourself compassion and self-love when you feel frustrated?
33. Are there new online/virtual hobbies or activities you have tried instead to replace your FOMO? Please share
34. When you feel off balance, what do you do to ground yourself?
35. There are many ways to get it out frustration, either on paper in writing, voice memo, or even talking to someone, like a trusted friend or healthcare professional. Have you tried these and have they been helpful to you?
36. In what ways do you face your fear? (what tools are best for you?)
37. If you have to cancel plans or change plans due to pain, what is your strategy?
38. Do you have a way to prepare for events so that you don't have to miss out? Please share.
39. How important is communicating with your support system about your pain and how you are feeling? Or before you go to any events or participate in activities?
40. Being an advocate and using your voice may help frustration in the pain community. Have you tried this? (staying within the group rules?)
41. Are you able to be your own cheerleader? If so, what works? (high five method, affirmations, pep talks)
42. Do you take time to check in with yourself and listen to what your body needs? (rest, sleep, medication, ice/heat, walk, friend, group, etc) And then allow yourself grace and do it?
43. Have you read or listened to any new resources on FOMO or Frustration that you'd like to share with the group and how it helped you?