



FOMO and Frustration Resources

December 2024

1. Psychology Today: [From FOMO to JOMO: The Joy of Missing Out](#)
2. Cleveland Clinic: [FOMO is Real: How the Fear of Missing Out Affects your Health](#)
3. Psych Central: [All About FOMO: Overcoming Your Fear of Missing Out](#)
4. PainScale: [Dealing with the Fear of Missing Out \(FOMO\)](#)
5. Cleveland Clinic: [What is JOMO? How to Enjoy Missing Out](#)
6. Psychology Today: [The Link Between Chronic Illness and Loneliness](#)
7. Psychology Today: [How to Ease the Pain of Isolation During the Holidays](#)
8. Tiny Buddha: [How to Reduce Holiday Stress by Setting Strong Boundaries](#)
9. Psychology Today: [Four Essential Limitations to Set When You're Chronically Ill](#)
10. Bezy Breast Cancer: [The Benefits of Self-compassion When You Live with Chronic Illness, Plus 13 Tips to Practice It](#)
11. Psychology Today: [3 Things the Chronically Ill Wish Their Loved Ones Knew](#)
12. Continental Hospitals: [Social Isolation in the Digital Age: Paradox or Reality?](#)
13. Creaky Joints: [30 Tips for Coping with Chronic Illness During the Holiday Season](#)
14. US Pain Foundation: [Tips for Surviving the Holidays with Chronic Pain](#)
15. U of Rochester Medical Center: [5-4-3-2-1 Coping Technique for Anxiety](#)