

## Lesson 1 Digital Well-being

### Joy of Missing Out

#### Part 1 FOMO (Fear of Missing Out)

"Selena. SELENA!"

"Yes," I look up from my phone to discover my mom yelling at me. She seems to be searching for an answer to something.

"What?" I asked.

She asked, "Did you not hear what I just said?"

No, I didn't. I didn't hear anything she said. I usually don't hear a single word said to me by anyone. And why is that? It's because my eyes are fixed on my phone. My mom always asks me, "What is so interesting on your phone?" I never know how to answer that because even I don't know what's so interesting on my phone.

I have a bad case of anxiety that comes from not checking my phone. I spend most of my day on social media. I fear missing out on social media. I fear not being in the know of what everyone is discussing. I fear not being in the know of what my friends are posting on social media.

My mom thinks I'm addicted to my phone. Older people think teenagers like me have an addiction to their phones and computers. But I wouldn't say it's an addiction to a device. It's an addiction to social media. It's an addiction to being online, or in other words, a fear of not being online.

Basically, I have severe FOMO, for which I'm in desperate need of a cure. Maybe this spring break could be a chance to find one.

## Part 2 My Two-week Detox

### Day 1

So it was time to pull the plug.

I grabbed my phone. I swiped it open and stared at the social media icons dotting the screen. I removed the apps from my phone. Then I moved to my notebook computer. I logged out of all of the social media sites. I felt an immediate sense of relief.

But soon after, I got restless. I don't remember how long it was, but I stared at my phone screen in complete confusion for quite a while. I called Jamie, and we chatted for about an hour. But there's only so much you can do over a voice call. We decided to meet later in the afternoon for a bike ride.

What else can I do on my phone? I lay on my bed even though I wasn't sleepy. I stayed there until I went out to meet Jamie. Throughout the day, it felt like things slowed down considerably.

What a long day!

### Day 4

I woke up late in the morning and reached for my phone. I swiped my phone open only to remember my social media apps were no longer there. Old habits die hard. After breakfast, I felt a strong urge to go online, to which I didn't want to give in. So, I decided to go out for a walk.

While walking in the park, I probably glanced at my phone 20 times. At one moment, I looked at the people around me, most of whom had their eyes glued to their phones. I moved my gaze upward and noticed how purely blue the sky was, without a single cloud in sight. All around the park, trees slowly swayed back and forth. Soon I found myself taking a couple of pictures of the peaceful scene.

After lunch, I took out my old guitar from under my bed. At first, it was because I was bored, but I ended up playing it all afternoon. It didn't matter that I'm not really good at it. It just felt great that I was lost in doing something for several hours without getting interrupted by my phone.

**Day 7**

I don't know why, but today I momentarily let down my guard against social media. As if bound by a spell, I logged into one of the social media sites, only to find that there was nothing interesting. I had a weird feeling of being at a place where I didn't belong, which was quickly replaced by a sense of guilt. I really shouldn't have gone back to a social media site in the middle of my detox.

**Day 11**

This was the first day my phone felt more like a brick in my pocket than a digital device. I could already feel free from worrying about posting something and hoping it would get some likes. At a gathering with my friends, it was fun to get asked over and over again about how I was surviving without social media. Sam said, "I don't think I could give up social media for even one day." My immediate thought was: Then you really need to give it up! I didn't actually say that, although I wanted to.

**Day 14**

Toward the end of the day, I reflected on my social media break and what things had been like before. I realized that social media had taken some control of me. It's kind of silly that all I did was envy others for their perfectly happy moments in life, dress up my everyday events, and think up ways to get others to like my posts. From now on, I want to be in control of how I use something or do something, not the other way around. Tomorrow, I will return to my social media activities, but in more careful and controlled ways. I'm going to stick to just a couple of sites that I really need, while making absolutely sure that my activities are in line with my well-being and happiness.

## 1과 Read Further

**Volunteering Online**

Volunteering has a great deal of benefits. Not only do you make a positive impact on someone's life, but you gain valuable skills for your career. It even reduces stress and anxiety. With busy schedules, it can be hard to find the time to commit to volunteer work. These days, however, you can make a huge difference in the lives of others from your own home by virtually volunteering. Here are a few ways to virtually volunteer.

First, you could be a part of the effort to lend support to senior citizens who struggle with loneliness. Typically, volunteer "phone friends" make regular calls to chat and check in with these people. Second, you can help people with low or no vision with their everyday tasks. Through a live video call, you can offer visual assistance to those who need it with tasks such as reading "use by" dates and instructions on food packages, which helps them to lead more independent lives. Finally, if you have an interest in wildlife and its conservation, you can help with animal monitoring work by watching live videos of animal habitats around the world.

Monitoring these animals helps protect wildlife and develop methods of conserving them. Helping others and giving back to the community can be very rewarding. It can make your day more meaningful and productive. It is also a great way to connect with new people and cultures. For those who believe in karma, if you do good things for others, good things will happen to you!