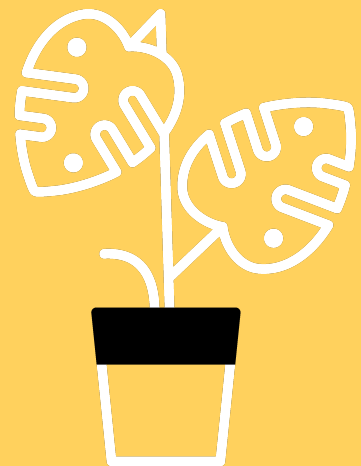


ESCAPING FOMO: LIVING IN THE NOW ON SOCIAL MEDIA

A WORKSHOP WITH SELF SPACE



SELF SPACE

EVERYDAY MENTAL MAINTENANCE

Title:

Escaping FOMO

Duration:

90 minutes

Self Space:

In a world which can sometimes be challenging, frightening, overwhelming, complex and seriously hard to navigate, it's not surprising that sometimes we don't feel ok. Everyday mental maintenance is an essential part of surviving. Self Space offers a contemporary approach to maintaining good mental health. They offer a good conversation with a qualified person, a space to reflect, process and off-load.

What:

Join the Self Space team for a talk and workshop exploring the impact of social media on our emotional wellbeing. A mix of both informative presentation and experiential workshop, this session invites participants to explore the ways in which our online life impacts and informs our mental health and our sense of ourselves. It will offer a space to explore online identity, meaningful connections, and FOMO - fear of missing out - from a wellbeing point of view. Using creative and psychological tools we will work to reframe our understanding our online connections, and our digital selves. The session aims to ground us in a sense of connectedness that goes beyond social media.

It will be facilitated by two qualified therapists, and will offer a balance between personal reflection, sharing, and goal-setting. Expect an open, informal and supportive environment.

Download the Self Space app

www.theseelfspace.com

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[@theseelfspace](https://www.instagram.com/theseelfspace)

