



Remember the last time you didn't respond to a group chat right away, didn't refresh your feed, didn't RSVP to yet another event - and instead curled up with a book, took a walk with no destination, or simply stared out the window like a poetic Victorian soul? That, dear reader, is JOMO - the Joy of Missing Out. And oh, what a delightful rebellion it is.

Welcome to the JOMO Era

We're living in a time when we can be *everywhere* and *nowhere* all at once. A ping here, a buzz there, a swipe, a scroll, another reel. It's like a digital theme park where the rides never stop and somehow we're expected to be in line for all of them, all the time. Exhausting, right?

Enter JOMO: the quiet, contented sigh of someone who realizes they don't *have* to be in the loop - and is totally fine with it.

Where FOMO (Fear of Missing Out) was the clingy ex who always made you feel like you were behind, JOMO is the cool friend who hands you a cup of tea, turns on a record, and reminds you that your peace is *enough*.

Let's romanticize the quiet

There's something wonderfully luxurious about turning your phone off on a Friday night, canceling plans, and diving headfirst into your own little world. It's like reclaiming your time, your space, your mental real estate. And guess what? That's not selfish - it's sacred.

Imagine choosing a sunset over screen time. A handwritten letter over a late-night DM. A spontaneous dance in your kitchen instead of endless scrolling. In this dreamy, slow-paced JOMO reality, you become the main character of your own story - not just a viewer in someone else's highlight reel.

And here I am, actually writing this from bed on a Sunday night, fresh sheets still smelling like my favorite lavender detergent from Hercegovina, six candles flickering gently around me, turning the room into a soft-lit little shrine to solitude. iPad on my lap, socks on, tea cooling beside me. I mean... how much more JOMO can it get?

Okay, *maybe* it would be even more authentic if it was a Friday night, but hey - Sunday night JOMO counts too.

And the thing is - with the kind of lifestyle I live, this quiet moment feels like gold. My days are long and intense, filled with movement and people and energy. There's always somewhere to be, something to deliver, someone to hold space for. I love it - truly, I do. I love the chaos, the connections, the pace, the network, the passion. I thrive in it and I am beyond grateful. But it also means I'm almost *never* alone. I'm almost never still. So when I let myself step away - when I allow myself to unplug from the swirl of it all - it feels like slipping into a secret space where I can just exist. Just breathe.

JOMO, for me, is not about escaping the world I've built - it's about balancing it. Reclaiming tiny moments of stillness in a life that rarely offers pause. It's that quiet sigh of relief when I realize: I don't *have* to go to every event, answer every message, or stay caught up with the endless current of updates. I can miss out - and feel more *whole* for it.

It's wild how good it feels. How nourishing. Like my nervous system finally gets to settle, like I'm recharging something deeper than just energy - I'm recharging my *spirit*. These moments of intentional solitude help me return to everything else stronger, softer, and more connected to myself.

So yes, JOMO in a freshly made bed on a candlelit Sunday night isn't just cozy - it's medicine. And if that's missing out, then I never want to be fully caught up again.

From overstimulated to overjoyed

JOMO isn't about tuning *out* the world completely. It's about tuning *in* to what really nourishes you. It's the art of intentional disconnection - not because you're bitter or

burnt out (though, hey, burnout is real), but because you know you're worthy of presence. Of stillness. Of joy without performance.

When we step away from the endless updates, we make room for the truly magical stuff: creative sparks, deep rest, genuine connection, and - let's be honest - some of the best naps of our lives.

So how do you JOMO, exactly?

Think of JOMO as a gentle lifestyle shift, not a rigid rulebook. Here are a few dreamy ways to ease into it:

- **Create Tech-Free Rituals:** Mornings without screens. Candlelit journaling. Sunday analog adventures. Books. Tanning.
- **Say Yes to Saying No:** Politely decline the events that don't excite your soul. Choose rest over obligation.
- **Romanticize Your Solitude:** Light incense, make yourself a fancy snack, and revel in your own company.
- **Delete to Delight:** Unfollow, mute, or delete apps that drain more than they give. You're curating your peace.
- **Let Yourself Be Bored:** Boredom breeds brilliance. Let your mind wander like a kid on summer break.

*The Joy of Missing Out (JOMO) In A
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The takeaway? You're not missing out

You're opting in - to a life that's slower, softer, and far more soulful. You're choosing moments over momentum, connection over consumption, and wonder over worry.

So next time you hear the digital sirens calling, remember: there's joy in the silence. There's magic in the mundane. And there's beauty in the brave act of *missing out* - on purpose.

Now go ahead. Turn the volume down on the world, and turn the lights up on your own quiet joy ✨

