

**Self-Care and Clarity of Mind...a weekly column  
by Princess Lakshman (Sister Iqra)**



Welcome to my weekly column on **Self-Care and Clarity of Mind**. If you're taking time out to read this, pat yourself on the back because you have shown commitment to taking care of your mind and body.

Today, In Shaa ALLAH, we will explore the topic: **Do You Suffer From FOMO - Fear Of Missing Out?**

If you are a social media user who feels symptoms of anxiety, jealousy, or regret while looking at posts of other people having a good time at a party, event, trip or work, you could be suffering from FOMO - fear of missing out.

FOMO is a pervasive apprehension felt by those who think that they are missing out on great experiences and feel stuck in their current situation. It's a vicious cycle that takes over your life whereby you feel you need to constantly check your social media to give yourself a dopamine hit to feel good about yourself by not feeling left out or miss the action of celebrity lifestyles and so on. The phenomenon of finding instant gratification of one's own self-worth through Insta...or many other such social media front.

**While you addictively obsess over social media updates, what you are really missing out on is LIFE. The moment of NOW. Your moment of NOW.**

How you spend your moment of now will determine the quality of the past that you will look back on. Future is merely an illusion. It's not happening. The only truth is your moment of now. You are living your future in this moment right now, through your thoughts, words, deeds, choices, decisions. NOW is all there is.

Once you begin living in the now, there won't be any fear of missing out. Wherever you may be right now, ALLAH has put you there for a reason. That spot you are standing or sitting on. The

clothes you are wearing. The country you are in. Everything that is happening to you right now is ordained for you by ALLAH. Feeling anxious in your moment of now is to deny HIS mercy. Instead, practise gratitude. Instead of asking 'why me?', practice saying 'what lesson is ALLAH teaching me in this experience now?'

### **How To Overcome FOMO**

Replace Regret With Gratitude

1. Praise ALMIGHTY ALLAH for all that HE has already given you. Write down a list of everything you are blessed with.
2. Now, Praise ALMIGHTY ALLAH for all the lessons you have learnt from past experiences, negative and positive.
3. Replace all what-if statements with "Alhumdolillah".
4. Avoid comparing your life with someone else's. Your unique abilities and experiences make you different from the rest of the world. Focus on your soulful connection with ALLAH. Increase your own ibaadah and good deeds. DON't worry about who is saying what and who is doing what. Focus on your deeds, your thoughts, your words.
5. Daily positive affirmations. Consciously choose positive words when talking about your situation.

<p>If you give thanks, I will give you more... (Al Quran 14:7)</p>
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Someone wise once said, **"When you change the way you look at things, the things you look at change."**

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In Shaa ALLAH, next week we will explore the topic: **What To Do When Your Child Tells You That He/She Has Been Abused**

If you wish to know about a specific topic with regards to Self-Care and Clarity of Mind, please text or email me or visit [www.muslimahmindmatters.com](http://www.muslimahmindmatters.com). If you wish to have a FREE one hour **Clarity Coaching** phone session, contact me on 0451977786



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