

SUMMARY PARAGRAPH

“Why FOMO and MOMO are making you feel friendless” from The Chicago Tribune, September 26, 2014, explains how social media causes anxiety in teenagers. There are two main problems in the article, one called FOMO, fear of missing out, and another called MOMO, mystery of missing out. FOMO occurs when teens see social media posts and feel left out of social events or even at school. MOMO occurs when teens don’t see any postings or texts and feel left out. There are several solutions to this anxiety problem: first, call and talk to your friends; second, live in the moment; and third, completely stay away from social media.