



# DO YOU SUFFER FROM FOMO?

Our expert unpacks the Fear Of Throwing Out the nomenclon that's cluttering our homes and minds!



Dr Jessica Grisham

**F**our out of five Aussies are holding on to belongings they no longer need. Recent research from Amaysim found sufferers feel guilty about their habit, a state of mind nobody appreciates. Associate Professor Jessica Grisham from the School of Psychology at the University of NSW breaks down the ins and outs of the condition and what to do about it.

which is considered a clinical disorder and requires professional attention. "When the build-up of stuff becomes so extreme that the person can't go about daily life, like washing themselves or preparing dinner, it crosses into the clinical threshold."

## Who it affects

Every age group. "We tend to think of older adults as having FOMO, but the research showed people as young as 18 reported it. They wanted to live lighter but were struggling to let go of things."

## How it works

"People have always been attached to their possessions," says Jessica. "But now there's access to more commodities that are more affordable, things are constantly coming into the home. You start to get clutter."

And that's when attachment sets in. "Often people keep hold of things that remind them of happy times, or because they've spent a lot of money on an item - perhaps when they started a new hobby or fitness regimen," Jessica says.

"Things start to accumulate. They look around and realise there are things they're no longer using, but feel anxiety about getting rid of them."

## When it's a problem

As soon as you start to feel frustrated, anxious or annoyed about your cluttered space it's time to take action. Jessica warns not to confuse FOMO with compulsive hoarding,



## IT'S FIXABLE!

**DON'T GO COLD TURKEY**  
"There are stories of people who go too minimalist and miss their stuff," says Jessica. It's OK to be attached to possessions and get comfort from them - just make sure you're mindful and deliberate about what you have.

**OPEN YOUR EYES**  
"The first step is awareness," Jessica says. "The realisation of, 'Look at all these clothes I have that I'm not wearing.' Once your attention is drawn

to it, you might set a specific time to develop a decluttering strategy."

### ASK YOURSELF

- Have I worn this item of clothing in the past year?
- Has this object been broken and not fixed in the past year?

### ACTION PLAN

It's time to donate or throw out those belongings.

# ORAL HEALTH HACKS!

How to stay on top of mouth health, holistically



Dr Lewis Ehrlich

## Drink more green tea

Dr Lewis Ehrlich from Sydney Holistic Dental Centre says green tea is great for healthy gums and better breath because it's rich in flavonoids, including catechins, which inhibit bacteria involved in gum disease.



## Practise high-intensity interval training (HIIT)

We have mitochondria in our cells that act like batteries so cells can do their job effectively. One of the best ways to make new mitochondria is to do HIIT. Unhealthy mitochondria can bring on gingivitis and gum disease.

## Try nasal breathing

Place your tongue on the roof of your mouth and breathe through your nose. Mouth breathing at night leaves you susceptible to snoring, sleep apnoea, respiratory infections, tonsillitis, tooth crowding and decay.



## Eat nutrient-rich, natural foods

Look for foods high in vitamins A, D, E and K, vital for strong teeth, and jaw development. The foods you eat can affect the shape and size of your jaw, particularly when it's developing.