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SEREN

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WHO SAYS A FRESH
START HAS TO BE
DIFFICULT?



ISAAC ABADIR

interview with a rising
Ethiopian music producer.

FOMO

Fear of missing out

**MANAGING
ANGER**

Keeping it cool while
online

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FEAR OF MISSING OUT

FOMO



WHAT IS FOMO?

A person with long dark hair is lying down, looking at a smartphone held in both hands. They are wearing a dark-colored shirt. The background is a warm, yellowish-orange color.

WHAT IS FOMO?

The fear of missing out refers to the feeling or perception that others are having more fun, living better lives, or experiencing better things than you are. It involves a deep sense of envy and affects self-esteem. It is often exacerbated by social media sites like Instagram and Facebook.

FOMO is not just the sense that there might be better things that you could be doing at this moment, but it is the feeling that you are missing out on something fundamentally important that others are experiencing right now. It can apply to anything from a party on a Friday night to a promotion at work, but it always involves a sense of helplessness that you are missing out on something big.

Brief History of FOMO

The idea that you might be missing out on a good time is not new to our era. However, while it has presumably been around for centuries (you can see evidence of FOMO in ancient texts), it has only been studied during the past few decades, beginning with a 1996 research paper by marketing strategist, Dr. Dan Herman, who coined the term "fear of missing out."

Since the advent of social media, however, FOMO has become more obvious and has been studied more often. Social media has accelerated the FOMO phenomenon in several ways. It provides a situation in which you are comparing your regular life to the highlights of others' lives.

Therefore, your sense of "normal" becomes skewed and you seem to be doing worse than your peers. You might see detailed photos of your friends enjoying fun times without you, which is something that people may not have been so readily aware of in past generations. Social media creates a platform for bragging; it is where things, events, and even happiness itself seems to be in competition at times. People are comparing their best, picture-perfect experiences, which may lead you to wonder what you are lacking.

How to Drop Comparing Yourself to Others Research on FOMO

As more research on FOMO is conducted and becomes available, we are getting a clearer picture of what it entails and how it affects us. The picture is not pretty, as there are many negative effects of FOMO, and it is more common than you might expect. Consider the following:

Social Networking Sites
Unsurprisingly, adolescents use social networking sites at a high rate and may experience FOMO as a result. Interestingly, however, FOMO acts as a mechanism that triggers higher social networking usage. Girls experiencing depression tend to use social networking sites at a greater rate while, for boys, anxiety was a trigger for greater social media use. This shows that increased use of social media can lead to higher stress rates caused by FOMO

FOMO, Age, and Gender

FOMO can be experienced by people of all ages, several studies have found. One study in the *Psychiatry Research* journal found that the fear of missing out was linked to a greater smartphone and social media usage and that this link was not associated with age or gender.

The research also found that both social media use and "problematic" smartphone usage was linked with a greater experience of FOMO. Smartphone usage was related to fears of negative and even positive evaluations by others as well as linked to negative effects on mood.

Life Satisfaction Rating

Another article published in *Computers and Human Behavior* found several trends associated with FOMO. Fear of missing out was found to be associated with a lower sense of having one's needs met as well as a lower feeling of life satisfaction in general.

FOMO was heavily linked to higher engagement in social media, as other studies have suggested—it appears that FOMO is linked to both feeling a need to engage in social media and increasing that engagement. This means that FOMO and social media habits may contribute to a negative, self-perpetuating cycle.

Potential Dangers of FOMO

Aside from increased feelings of unhappiness, fear of missing out can lead to greater involvement in unhealthy behaviors. For example, the same study in *Computers and Human Behavior* found that FOMO was linked to distracted driving, which in some cases can be deadly.

Is Social Media Helping or Hurting My Social Anxiety? Minimizing FOMO

Fortunately, steps can be taken to curb your FOMO if it is something you experience.

Research shows that a fear of missing out can stem from unhappiness and dissatisfaction with life and that these feelings can propel us into greater social media usage.

In turn, greater engagement with social media can make us feel worse about ourselves and our lives, not better. In this way, it helps to know that our attempts to alleviate feelings of FOMO can actually lead to behaviors that exacerbate it. Understanding where the problem lies, however, can be a great first step in overcoming it. The following can help.



“for everything
you've missed, you
have gained
something else.”



Focus on Gratitude

Studies show that engaging in gratitude-enhancing activities like gratitude journaling or simply telling others what you appreciate about them can lift your spirits as well as those of everyone around you. This is partially because it is harder to feel as if you lack the things you need in life when you are focused on the abundance you already have. It also holds true because making others feel good makes us feel good. A lift in mood may be just what you need to relieve yourself of feeling depressed or anxious. You likely will not feel as tempted to go down the rabbit hole of social networking and FOMO when you realize how much you already have. You will begin to feel that you have what you need in life and so do other people. This can be wonderful for your mental and emotional health.

A Word From Verywell

Although FOMO is strongly correlated with social media usage, it is important to remember that it is a very real and common feeling among people of all ages. Everyone feels a certain level of FOMO at different times in their lives. If you feel you are suffering from feelings of missing out, it can be helpful to reach out to a friend or spend some time reflecting on the things you are grateful for in your life. Activities like these can help us put things in perspective as we gather a greater sense of belonging and release the anxiety of "missing out" on anything.

WHY DO WE USE EMOJIS

dreamstime

Why Do We Use Emojis Anyway?
A Fascinating History of Emoticons



SOMETIMES, EMOJIS ARE WORTH 1,000 WORDS.

Since they started taking off in the 2010s, emojis have pretty much evolved into characters for a new millennial language (who knew you could convey so much through tiny pictures of food?) But the predecessors of the “picture characters” we know and use excessively today are older than you’d expect.

Before emojis, there were emoticons, facial expressions made with punctuation marks. The first emoticons appeared in an issue of Puck magazine, all the way back in 1881. The magazine published four “faces”—conveying joy, melancholy, indifference, and astonishment—and called them “typographical art.”



They were first used as a way of communicating emotions online in 1982. When it became difficult for people to tell the difference between jokes and serious posts on a Carnegie Mellon University digital message board, faculty member Scott Fahlman came up with a solution: Add the symbol :-) to denote humorous posts, and add the symbol :- (to serious ones. In his announcement about this proposal, he even specified readers to “read it sideways.” So what about emojis, the little pictures that make texting so fun? Those were created in 1998 by Shigetaka Kurita, an engineer at the Japanese phone company, NTT Docomo. He was working on a way for customers to communicate through icons. The result was a set of 176 icons he called emoji. The name combines two Japanese words: “e” (picture) and “moji” (character). Kurita says that he drew inspiration for his emojis from manga, Chinese characters, and international signs for bathrooms. Now, more than 1,800 emojis exist.

**The best part? We don't
need to tilt our heads
sideways to understand
them.**

ISAAC ABADIR

Rising music producer

interview with

ISAAC





ISAAC

Rising music producer

01

First let's get to know you

my name is isaac abadir AKA ISAAC AKA izzy lol as you can see my stage name is my real name, I am 24 years old soon to be 25 , i have a bachelor degree in marketing management and i write and produce music.

02

Tell us about how you got into music

I got into making music 4 years ago but i been in love with music from a very young age, but the reason i started music was long time ago (6 years) i use to rap and then i wanted to have a beat for myself but there was noon to help me with that so I stopped rapping then after few years the music came back calling so i had to do it.

03

What inspired you to start playing and making music?

My inspirations at that time were avicii and people's doubt and some you cant do its.

04

What made you want to become musician?

i say the love for music and the need for a better musical benchmarks.

05

Do you have any hobbies or interests outside of music?

To be honest, I don't have much but I love watching sports, football (huge Messi fan) NBA (huge Chris Paul and MJ fan) and NFL(tom brady come on) I watch live games too soo those are my hobbies i guess.

06

what strength do you've that you believe make you a great musician?

I feel like strength wise I will say i have good ears and brain as of a weakness i feel like I should do better with mixing instruments and vocals cause there is a standard I want to reach and i feel like I am on my way.

07

Which instrument is your favourite and why?

I cant play any instruments but I usually love guitars and work with bunch of guitarists cause they express lots of emotions and what's on my mind.

08

What is it about music that makes you feel passionate?

music it self cause its soo refreshing and most people like it and cause of that it will be easier to communicate what is on your mind to the people.

09

what accomplishment do you see yourself achieving in the next 5 to 10 years?

Going international and Grammys periodt! mark these words!!

10

Describe your favourite and least favourite part about being a musician

The fav part would be the joy you get when you create something awesome the least fav part will the disappointment and depression it brings when not being creative or when experiencing a block.

11

Are there any musicians who inspire you? What qualities do you admire about them?

I really really love Kanye west!! that guy is a genius I know its hard for some people to swallow but all the hip-hop music you hear right now is inspired by Ye (yes even drake) i also admire Abegaz Kibrework if he asks me come work for me for free I would do it with out a blink of an eye and also like diplo and how he evolves.

12

What's your working style?

I am the literal definition of a bedroom producer I love working while being in the comfort of my bed.

13

Who's your ideal musician to collaborate with and why?

I want to work with Abegaz, Jonny ragga, Gims he is a French artist so talented, Abel, Drake lol and of course Kanye west. i want to work with them cause i really admire their work and i feel like their name is associated with high standards and nothing less.

14

Who have you been listening to recently?

I was on DONDA by Kanye west lately and some jack Harlow, some Afroswings.

16

What's the message behind the logo or sign that you use ? If any ?

basically that's my name spelled in style shout to Addismiraph for hooking me up with this awesome logo.

15

What is your favourite music that you've ever made?

The next one that's the best music I ever made. 😊

JOURNEY TO THE FREE WAVE

MANAGING ANGER



KEEPING IT
COOL WHILE
ONLINE



The majority of Bullying happens with Anger and compulsion issues. Anger is a normal human emotion. It is as normal as sadness, fear or joy ... Though experiencing anger can quite often be debilitating, and if we have bad reactions to situations of anger, this can often lead to regret. situation.

And let's be honest, we've all screamed at someone who simply didn't deserve it. This follows us to our online world: Facebook, Twitter, Txting – where it becomes all too common to spew hateful, offensive abuse via txt, post or tweet. Falling victim to your initial emotive state and let someone online have a piece of your mind, you could:

- Ruin a relationship
- Harm your reputation and be labeled as a bully
- Get in trouble with your boss, school, friends or even the law
- Say something you later regret, making you feel even worse.

But in our society any display of negative emotion, especially anger, is unacceptable. Even if you honestly feel as though you're right and the victim of your anger deserves some payback, your online assault will always label your actions as inappropriate. And after an eruption of abuse, you often feel terrible. The key is not to suppress anger but learn how to control it effectively.

THE 4 TIPS FOR MANAGING ANGER

1. PRATICE H.A.L.T

An simple way to safeguard yourself miscommunications online is to think of the acronym and ask yourself the following questions: Hungry- Is the fact that I'm Hungry clouding my judgement? Angry- Is my Anger putting a misleading lens over how I view the situation? Lonely- Is my Loneliness manipulating the situation? Tired- Is my Tiredness taking away from what I truly want to say? More here: [HALT](#)

2. KNOW THAT ANGER CAN BE MANAGED

Simply realising that you may not be able to stop feeling angry right now, but you can stop reacting to it.

This is proactive versus reactive behavior. Reactive behavior is a trap, by this I mean: a reactive person has their emotions dictated by someone or something that happened.

Being proactive is not a case of being emotionless, or not caring about anything. Rather, it's being in complete control over your emotions. A proactive person will understand the situation without having an immediate reaction and process the information calmly, knowing the incident in question doesn't have to have an immediate response.



3. YOU HAVE THE POWER: YOU HAVE THE OPTION TO EXPRESS YOUR ANGER WITHOUT GIVING IN TO IT

Next time you find yourself in a situation where you feel like attacking someone online. Then do it and don't send it. Write out the abusive email, type out that vicious txt message, jot down the details of your savage Facebook post. Go into detail about all the reasons why your counterpart is wrong and explain all your frustrations with the situation in question But, don't send it! Writing it down can be a therapeutic exercise. This allows you to see the incident with clarity, and it helps you calm down. Quite often you will find that you don't need the entire world to understand that you're right and just, rather you simply need to prove it to yourself – and this process will help with that. Just make sure that there's no contact in the address line, just in case you click 'send' by mistake.

4. FIGHT OR FLIGHT? CHOOSE FLIGHT

The term 'Fight or Flight' is the physiological response to a threatening situation, which readies the individual to resist forcibly or to walk away. When dealing with anger in the online world, whether it's your anger or anger from another, more often than not it's most effective to WALK AWAY. By this I mean: if someone is frustrating you then remove them from your world by simply shutting down your computer. Hold the power switch down and watch the cool black screen engulf all your worries. Then get up and literally walk away from your computer, this allows you to decide what you see, controlling your state of mind.



UNSTOPPABLE

UNSTOPPABLE is a 2010 American action thriller film directed and produced by Tony Scott and starring Denzel Washington and Chris Pine. It is based on the real-life CSX 8888 incident, telling the story of a runaway freight train and the two men who attempt to stop it.

The freight train pulls out of a siding with no engineer on board and accelerates to 70 m.p.h., and you see how Tony Scott's "Unstoppable" gets its title. The movie is as relentless as the train, slowly gathering momentum before a relentless final hour of continuous suspense. In terms of sheer craftsmanship, this is a superb film.

The trouble begins when an engineer (Ethan Suplee) dismounts after thinking he had brought the train to a full stop. He hasn't. When he sees the train slowly pulling away, the look on his face is adequate to fuel the next several minutes. At first, it's assumed that the train is a "coaster," but no luck. It's under full throttle.

Scott tells the story from several points of view. In the cab of another train, a longtime engineer named Barnes (Denzel Washington) is breaking in a new man, Colson (Chris Pine). In the station yard, a yard master named Connie Hooper (Rosario Dawson) is in charge of dispatch and operations. In the railroad's corporate offices, an executive (Kevin Dunn) is concerned mostly about the cost of losing the train, which seems harsh, since it is carrying hazardous materials and is rocketing straight toward the heart of Scranton, Pa.

Overhead, news choppers circle, providing a live TV feed that Scott intercuts with the action. That allows him a plausible way to provide an overview and narrate the action; a similar device was used by his brother Ridley Scott to help us follow events in his "Black Hawk Down" (2001).

There isn't a lot of room here for personality development, but Washington and Pine provide convincing characters, the veteran driven by love of his job, the new guy more cynical. This conflict isn't ramped up for dramatic effect in the screenplay by Mark Bomback, but is allowed to play out as naturally as it can, under the circumstances. Rosario Dawson makes her dispatcher aggressively competent, and the hurtling train of course rumbles beneath everything. Chase scenes involving trains have an unavoidable limit: Trains require tracks and can only go forward or in reverse. There are sidings, but getting on to one may not be very simple. Two other films that come to mind are Buster Keaton's "The General" (1926) and Andrei Konchalovsky's "Runaway Train" (1985), which won Oscar nominations for the two men in its locomotive, Jon Voight and Eric Roberts.

How Scott deals with his "chase" is not for me to reveal here, but although the possibilities of two trains on one track would seem to be limited, he and Bomback are truly ingenious. They employ a kind of logical lateral thinking: The trains can move only in certain ways, but those ways may not be as obvious as we assume. Not that those are terms we're thinking of during the action.

The photography and sound here are very effective in establishing that a train is an enormously heavy thing, and once in motion wants to continue. We knew that. But Scott all but crushes us with the weight of the juggernaut. We are spellbound. And we sure hope those little kids are saved.

SOME OF THE AWARDS

- Academy Awards, USA (2011)
- Oscar [Nominee]
- Best Achievement in Sound Editing
- AARP Movies for Grownups Awards (2011)
- Movies for Grownups Award [Nominee]
- Academy of Science Fiction, Fantasy & Horror Films, USA (2011)
- Saturn Award [Nominee]
- Best Action/Adventure Film
- ALMA Awards (2011)
- ALMA Award [Nominee]
- Broadcast Film Critics Association Awards (2011)
- Critics Choice Award [Nominee]
- Motion Picture Sound Editors, USA (2011)
- Golden Reel Award [Nominee]
- Teen Choice Awards (2011)
- Satellite Awards (2010)

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DEAR BRAVE ONE

A letter



Dear Brave One,

You are not too emotional.

You are not too sensitive.

Your heart is constantly at war with all of your
emotions;

each one fighting to be dominant.

You feel the energies of others.

You feel when they're happy, sad, angry, fakes
and truthful.

You know when using you
and when they're being genuine,

You are not weak.

You are gifted with the ability of heightened
intuition.

Your anxiety is nothing to be ashamed of;
it's a reminder that you have the gift of empathy.

Not many possess this rare trait
because it takes a special kind of individual
to be as genuinely compassionate as you are.

Your kindness is your strength,
not your weakness.

Own who you are.

You have a beautiful, brave soul.

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