

Forego the Fogo

Do we care more about looking younger than looking happier?

In this era, people are more focussing on looking younger (than their age) than looking happier. Fear of getting old (FOGO) is revolving around in our young minds. Most of the children are spending their times on Instagram or any other social media apps. They are watching the videos like "get ready with me" where actresses or influencers are using different products to look young. Every young girl has the fear of showing her wrinkles, and pigmentation. They want to look like Kardashian's. ^{The} youth are influencing by their ^{skin care} videos on tiktok. 9

In most of the countries, students use social media for ^{purpose} study. But here in Pakistan there is only one aim ~~that~~ how to be look young and beautiful.

we have conquered ~~so~~ many previously held taboos about marriage, gender role and sexuality but we are unable to move past our fear of aging. People considered aging as a disease. Unfortunately, we are more concerned about our looks rather than (focusing on) morality

~~Our~~ Teachers, were considered the most noble persons in the society but now this part has been changed. Teachers are coming to schools ^{not just for teaching} ~~and~~ ^{but also} recommending different skincare products to their ~~children's~~ students. And the most obedient students are exactly following their teachers, buying the same products. Somehow, ~~the~~ teachers

are imposing their students. Moreover, people ~~are~~ ^{has been} inspired by the 46 year old Bryan Johnson.

Money and privileges can buy anything including slowing aging process. ^{as} tech entrepreneur Bryan Johnson ^{to do} attempting. He wakes up at 4:30am and sleeps at 8:30pm. He also takes

100 pills a day, and used LED light on his body and sits in a high - electromagnetic device to strengthen his plastic floor, according to his interview to Guardian.

He practices a highly regimented lifestyle in a quest to be 18 again. And now he looks much younger than his previous pictures.

Many people ~~are~~ ^{have been} losing their lives for the sake of looking young during their plastic surgeries. Even the poor girls they are using different cosmetics to look younger and white, ignoring the fact of not having real tomorrow.

So People should tame this fear of FOMO. And start with realistic beauty standards (instead of ~~the~~ fear aging.)