

# TIPS FOR A GREENER LIFESTYLE!

*How can we live sustainably?*

IN THIS SERIES WE EXPLORE HOW WE CAN BE SUSTAINABLE TOGETHER,  
RIGHT HERE IN ATHENS-CLARKE COUNTY!



THIS MONTH'S TOPIC:

## MINDFUL CONSUMPTION

HANNAH CHAFFEE

Reducing consumption is not nearly as glamorous as it's 'siblings' reuse and recycle. However, reducing consumption is an undervalued but crucial tool in fighting for a sustainable future in our consumerist society.

Today we will be discussing mindful consumption. Mindful consumption isn't about not buying anything -you need things and deserve to have things you enjoy. You should not feel guilty for being a person! Mindful consumption is about strategically investing in items that improve your overall wellbeing. We've provided a combination of tips and questions you can ask yourself when deciding when and what to purchase if your looking to reduce your impact on both the planet and your wallet:

- Is this an impulse buy? If so, STOP! A great way to avoid excessive spending is to avoid impulse purchases. Give yourself anywhere from a day to a week, then revisit the decision. You may realize that it was a spur of the moment desire. When we make impulse purchases, we are often trying to solve for a different problem. Sadly, retail therapy is not a substitute for actual therapy!
- Are you hungry or tired? It may sound silly, but your brain can have a difficult time evaluating a potential purchase if you aren't in the right head space.
- How long will you get value from this item? Is it a tool you only need to use once? Do you have room to store this item? Can you borrow this item from someone else or rent it?
- Is this part of trend? Evaluate if you will gain meaningful value from this item long term?
- What quality is this item? Will it break quickly and cannot be repaired? Consider waiting to invest in a higher quality version of the item if you will use the item for a long time.
- Should you just save your money? Maybe! Consider your financial wellbeing.
- If this is purchase you want to make, ask yourself: How can I find a more sustainable way to purchase this item? Consider buying from small businesses, local creators, garage sales, Facebook Marketplace or eBay!
- What will I do when I no longer need this item? Researching proper disposal methods for an item before purchasing is an important aspect of sustainable consumption.



Remember, sustainable consumption is a process of balance. Depending on your situation, you may not have the time, money or energy to put a lot of thought into your consumption habits. It's important to give yourself grace and credit for the changes you can make!