

# 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

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Reducing consumption is not nearly as glamourous 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 you're 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 a 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 a 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!

