



10 WAYS TO BECOME A MINDFUL SHOPPER

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School







Paul McCartney



“

Buy-buy says the sign
in the shop window.
Why-why says the junk
in the yard.

”





There is no escaping the fact that shopping is an absolute necessity and we need to buy things to live comfortably in this material world. Mindless shopping, however, is truly detrimental to your bank balance as well as the environment. By jumping on the shopping bandwagon at a whim you adopt a wasteful lifestyle of high consumption and wastage. You want to spend less and buy more thus promoting cheap products that are

produced using unsustainable practices. Such products are not durable and don't circulate long in the system and end up soon in landfills thus polluting the environment. When you buy more, you use less; Each item that you buy mindlessly is never used fully before being discarded. Mindless shopping is the endless source of waste. This must change and you must adopt the habit of shopping mindfully.



To begin with, let us find out the kind of shopper you are. to do so, ask yourself the following questions;

- Do you shop to impress others with your material possessions?
- Do you use shopping as a therapy to forget about your woes or simply to relieve boredom?
- Are you delighted to buy things on impulse only to regret it later when they find no use in your house?
- At the end of the month do you always feel you have spent more money on things you did not need and have less money left to spend on emergencies or necessary stuff or stuff that you actually like doing?

If most of the answers are in the affirmative, you must change the way you shop and learn to be more mindful of your shopping choices. With a little bit of restraint, a few mental checks, and a little bit of conscious thinking you can inculcate mindful shopping in your life.

How to inculcate mindful shopping

1. Curate a capsule of the basics that your actual lifestyle needs:

This will help you know what you truly need to maintain your actual lifestyle and prevent you from shopping for stuff that you don't need. This will work well for your wardrobe, your kitchen,





your workspace, and all the other areas of your life.

2. Make a physical list of what you need to buy and stick to it:

Knowing beforehand what you need will save you from meandering in the aisles of the supermarket and you will pick only the things that you need. This will save you both time and money and will also keep your shopping bag lighter and easy to manage.

3. Research well before you plan to buy anything:

This will help you buy items that are durable and are most useful in the long run. Knowing all your options will help you pick up the best-suited and most cost-effective item you need

4. Follow the one-in and one-out rule:

You must have noticed, there is always that one pair of jeans or a few favorite tops that we wear all the time. The same goes for gadgets, we reach out for our favorite appliance to do that one job. There is no point in having duplicate things in the house. Buying a new item only after we decide to discard an older one is a prudent thing to do. This will prevent you from buying duplicates and keep your life simple and your house clutter-free.

5. Don't do impulse shopping:

Train yourself to think before you reach out for an item. Think about its durability, utility, and its place in

your house. This will prevent you from shopping for stuff that you don't need and save you from regretting later.

6. Make good use of discounts but don't fall into the sale trap:

Sales lure us into buying things that we don't need, so avoid falling into that trap. It is better to make a list of things that you would like to buy at a discount and pick them up when they are on sale rather than buying something because it is "on-sale".

7. Be a wise online shopper:

Online options have brought shopping to people's fingertips. This has also given rise to impulsive shopping. It is always a good idea to keep something that you decide to buy, but don't immediately need, in your shopping cart for a few days, and then decide whether you want to buy it or not. This will help you make a good decision and prevent you from shopping impulsively.

8. Shop ethically:

It is always good to be environmentally conscious when you are shopping. Always carry your bag for shopping and say no to plastic bags. Try to support local artisans and farmers by buying their goods. Try to buy products from brands that follow sustainable practices. Try to avoid extensively packaged items and always recycle packaging when you buy things.



Inculcate the 3 Rs “Reduce, Reuse, and recycle” in your shopping practices.

9. Trade or borrow:

Buying pre-loved items is a win-win situation for all. The buyer is happy as it is pocket-friendly and the seller gets to earn out of an item that has no use in his house. Buying second-hand makes us utilize a product fully before discarding it so it's an earth-friendly practice as well. Many online platforms bring people together for buying and selling pre-loved items, you can reach out to them for your needs.

10. Do not treat shopping as a retreat or a therapy:

One of the most important steps to being a mindful shopper is to visualize what place shopping hold in your life. Shopping must be done to fulfill your important daily needs. It should not be treated as a retreat to run away from boredom, ennui, or even depression. If you are bored find a hobby, go for a walk, or even talk to a friend. Don't use shopping as therapy instead get a real therapist if you need one.

We all know that shopping can be addictive and it gives us a temporary boost. Buying a new pair of shoes, the trendiest dress, or the latest gadgets leaves us feeling good, but only for a short period. After the thrill of shopping wears off, we are left with more stuff in our house that we don't need, less money in our pockets, and lots of guilt in our hearts. Being a mindful shopper will help you lessen the burden on your pocket, improve your bank balance, and reduce the clutter in your house and life. It will also ease the guilt in your heart and leave you with more time and money to pursue your passions.

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About Organo Et School

Organo Et School empowers people to embrace eco-living mindsets, behaviors, and habits. We recognize that for any positive impact to be sustainable, it must be long-term and inter-generational.

Organo Et School is a learning initiative set up by Organo in 2017 and has been facilitating field visits and workshops for Schools and Interest Groups. Organo Et School has had over 25+ schools, 6500+ students, and 3000+ adults participate over the last 7 years.

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