

Shopping too much? 8 tips to avoid impulsive buying || An NUS SAVE initiative

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The NUS SAVE Green Wardrobes team brings you the final part of the series of emails on 'Impulsive Buying'. Have you taken the quiz that was sent out last month? If not, check it out here: <https://nussave.wixsite.com/nussave/green-wardrobes>

Got a high score? You're likely to be an impulsive buyer! Here are some tips to help you curb your urge to purchase:



It's exploitative and unsustainable.

The 21st century fashion industry grows at the expense of millions of textile workers and an exhausted planet, depleting natural resources, while dumping a whopping 3500 chemicals into the ocean.

The excitement is shortlived.

Validation from impulsive buying is temporary. Once the excitement wears off, one often regrets their purchases. Kick unsustainable shopping habits!

8 tips on how to avoid impulsive buying

- 1 Analyse your spending habits**
Set a budget, keep track of the money that could be saved without impulse purchases.
- 2 Be organised and make decisions before you shop**
- 3 Be realistic and know yourself**
You may end up spending more if you are too strict with your shopping habits.
- 4 Do your homework**
Before shopping, research the product first to avoid regretting your purchase later.
- 5 Only buy what you need**
Buying in bulk may not lead to better value; you may end up having more than you need.
- 6 Don't spend more just to get something free**
- 7 Cool off**
Wait 24 hours or more before committing to a purchase.
- 8 Keep an open mind**
You may never come across the shirt you really want, but who knows? Maybe a better deal is just around the corner!