

## ONLINE SHOPPING ADDICTION (27th APRIL TUESDAY ( ASİL : Selen YEDEK : Gizem )

### ONLINE SHOPPING ADDICTION (SLAYT1)

Shopping addiction, also known as compulsive buying disorder, or compulsive shopping is described as the compulsion to spend money, regardless of need or financial means. (SLAYT 2)

While many people enjoy shopping as a treat or as a relaxing activity, compulsive shopping is a mental health disorder and can cause severe consequences. . (SLAYT 2)

People with this disorder may be addicted to a certain product, such as clothes or jewelry, or may also buy anything from food and beauty products, to stocks or real estate. (SLAYT 3)

Little is known about this addiction. While some studies Show that women are more likely to have this addiction than men , some other researches show that men and women have an equal risk of developing this disorder. (SLAYT 4)

Some studies show that the average age of a person with a shopping addiction is 30. Other studies show that it happens between ages 18 and 20, when people are able to establish their own credit. However, more research still needs to be done.

### Symptoms (SLAYT 5)

Someone with a shopping addiction may hide their problem well, and sometimes the only ones who know about their problem are those closest to them.

- You have many unopened or tagged items in your closet. ...
- You often purchase things you don't need or didn't plan to buy. ...
- An argument or frustration sparks an urge to shop. ...
- You experience a rush of excitement when you buy. ...
- Purchases are followed by feelings of regret
- You try to hide your shopping habits.

## Top 7 tips to get over a shopping addiction (SLAYT 6)

**1- Unsubscribe and Unfollow** One of the best ways to keep yourself from spending is to avoid situations that tempt you to spend in the first place

**2- Track Your Money** By tracking your Money You'll be able to notice your spending habits and patterns and where you fall short, what you're spending most of your money on and how you can save.

**3- Pay in cash not credit card** If you're a shopping addict, you'll be better off without the credit cards, well at least until you've learned better spending habits.

**4- Set Goals** You could also try setting yourself some financial goal The goal here is to create a clear path between saving money and getting to do the things you love as well.

**5- Change Your Environment** Our environment plays a huge role in our behavior and we must use it to our advantage by knowing where we should be and where we shouldn't go for addiction's sake. (SLAYT 7)

**6- Invest in YOURSELF** Figure out what's more important to you than shopping. What do you value most in life? Your family? Your friends? Try taking on new hobbies for example.

**7- Get Help** Sometimes, we can't deal with our problems alone and there really is no shame in asking for help if you're finding it hard to deal with your addiction. Talk to a friend or family member about your problem and get their advice.

If that's not enough, you had better seek professional help

THANK YOU FOR LISTENING TO US PATIENTLY! (SLAYT 7)