# 10 Reasons to Opt-Out of Black Friday or Christmas Shopping

Thanksgiving marks the unofficial start of the festive season. December is around the corner; the feeling of Christmas is in the air – and the stores are filling up fast with anxious consumers looking for gifts.

Black Friday is expected to bring in around $10 billion for the economy in 2023, and the Christmas celebrations add another year-end boost to retailer’s balance sheets. But do you really need to participate in the consumer madness this year?

Here are 10 reasons you should consider opting out of the mayhem at the local mall this giving season.

1. The traffic and the parking – who needs it? This benefit of opting out is enough to consider giving the stores a break this year.
2. Spending more time with the family at home and less time in checkout lines is a big bonus of staying home.
3. Save cash – why spend it on fuel, parking, and all the expenses of the standard mall trip. You know you’ll have to visit the food court while you’re there, and those new shoes are calling your name.
4. Why is consumerism important to you? Is it really worth wasting time shopping when you can just express love to your family and friends instead? Probably not. Everyone wants a gift, right? But you don’t have to let it inconvenience you.
5. Create great memories this festive season, not page-long credit card bills. Remember, the sales will always be there, but your peace of mind might not prevail.
6. There are no hidden costs when you decide to hide out at home and avoid the shopping season.
7. Avoid the stress and anxiety of facing the crowd. Order everything you need online this holiday season without ever leaving the house. Lounge out; don’t go lunging for discounts.
8. Find joy in being present this festive, not in presents. It’s better to save money for something you need rather than want.
9. No returns, no regrets, no buyer’s remorse. Since you’re not buying anything this season, there’s nothing to send back. Instead of buyer’s remorse, why not pay it forward this holiday season and give back. It’s way more fulfilling than receiving.
10. Prioritize your financial goals over impulse consumerism. Be different, deliberate, dedicated, and debt-free.

Take a stand against consumerism this festive season. Instead, treat it as a day of rest, reflection, and relaxation. Leave your wallet out of the festivities and return to a simple lifestyle where money and consumerist behavior are no longer important.