

What is Oniomania?

An irresistible urge to shop.



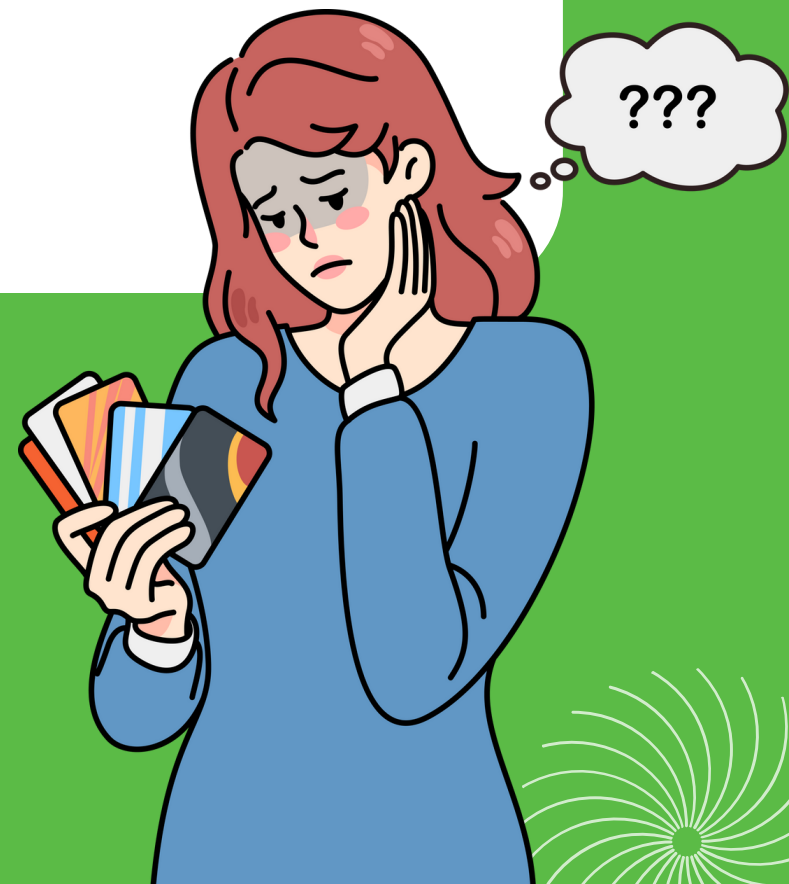
Signs you are an Oniomaniac

- Spending more than you can afford
- Shopping when stressed or sad
- Feeling regret or guilt after shopping
- Lying about or hiding purchases
- Buying things you don't need



Effects of Oniomania

- **Affects relationships**
- **Impacts lifestyle choices**
- **Disrupts budget**
- **Credit card debt**



How to overcome it

- **Stick to a monthly budget**
- **Use cash not credit**
- **Unsubscribe from shopping sites**
- **Adopt healthier coping mechanisms**
- **Unfollow online sellers**
- **Talk to a counsellor**



Looking for a wellbeing plan that doesn't overshoot your budget?



Counsellors



Doctors



Dietitians



Financial advisors



Yoga



Dance



Art



Articles & videos



POSH training



e-pharmacy



Lab tests



Physios



Email support



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