



## 10 Benefits of Living in a Recession

by Judy Arnall, BA, CCFE

In many parts of the world, we are coping with recession. Are there benefits to a simpler life? Yes, trimming-down lifestyle is a great way to focus on what is really important - family and friends. Here are some additional benefits:

1. Kids learn how to do chores and become more self-sufficient.
2. Kids learn money management because they need to earn enough to pay for their wants.
3. Recessions reduce environmental impact because people buy less consumer items.
4. Kids spend more time outdoors – camping, hiking, biking, geo-caching and playing
5. Kids spend more time volunteering.
6. Family dinners with home-cooking foster socialization with family members, siblings and friends.
7. Low-cost activities are often the best for bonding – board games, video games, baking, gardening, camping, projects, walks etc.
8. People take better care of their health with home cooking and nature/outdoor activities.
9. People are more creative; they start businesses or turn hobbies into ways to make income.
10. People become more resourceful, such as learning to fix machines, mend jewelry, and repair clothing and toys.

If you are living in a recession economy, look on the bright side and see how freeing it is to let go of possessions and focus more on relationships.

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