To much shopping could be bad for your mental health!

With all the back to school sales being shoved down our throats right now, it’s important that you take a minute and breathe before hitting up the stores.

New studies show that these big door-buster sales actually make people experience mental conditions like depression, anxiety and (our favorite) a loss of reality.

Researchers surveyed people who recently participated in a major sales event, such as Black Friday. According to the results, 20 percent of participants experienced high levels of anxiety during the shopping event, 23 percent experienced a change in their perception of reality known as “derealization,” and close to 50 percent felt a lack of empathy for other shoppers.

The results may explain horrific incidences that have occurred at Black Fridays in the past, said study researcher Noel Hunter, a doctoral student in psychology at Long Island University in N.Y., such as trampling of shoppers, use of pepper spray and even a shooting.

Hunter said that marketing ploys, such as making certain sale items available for a limited time, boost anxiety. “They’re purposefully trying to increase anxiety, which then results in all of these symptoms,” Hunter said.

And these things don’t just effect the individual – these are the exact situations that cause people to get stampeded and trampled on.

So feel free to take advantage of the sales, but don’t make yourself crazy over it … literally.

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