

COPING WITH FINANCIAL STRESS:

Strategies for Improving Money Management and Mental Health

Length: 60mins (presentation only), 90mins (includes practical exercises)

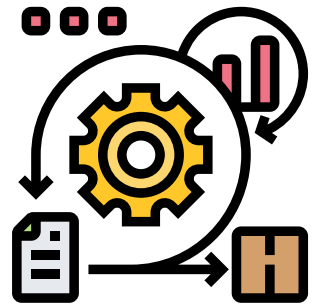
Delivery Option: Face-to-Face, Virtual

INTRODUCTION:

Lack of discipline in managing finances can be a major cause of stress and anxiety, even for those who are professionally successful. The goal of this session is to help participants understand, adapt, and modify their mindset towards spending and living beyond their means, and to develop their ability to recognize and deal with financial stress.

Content Outline:

- The Emotional Effects of Debt
- Debt Eradication: Proper Planning of Finances
- Reducing Spending Limit & Saving For The Rainy Day Fund
- How To Save & Invest Money Wisely
- Moving Beyond Financial Denial
- Seeking Counsel



Methodology:

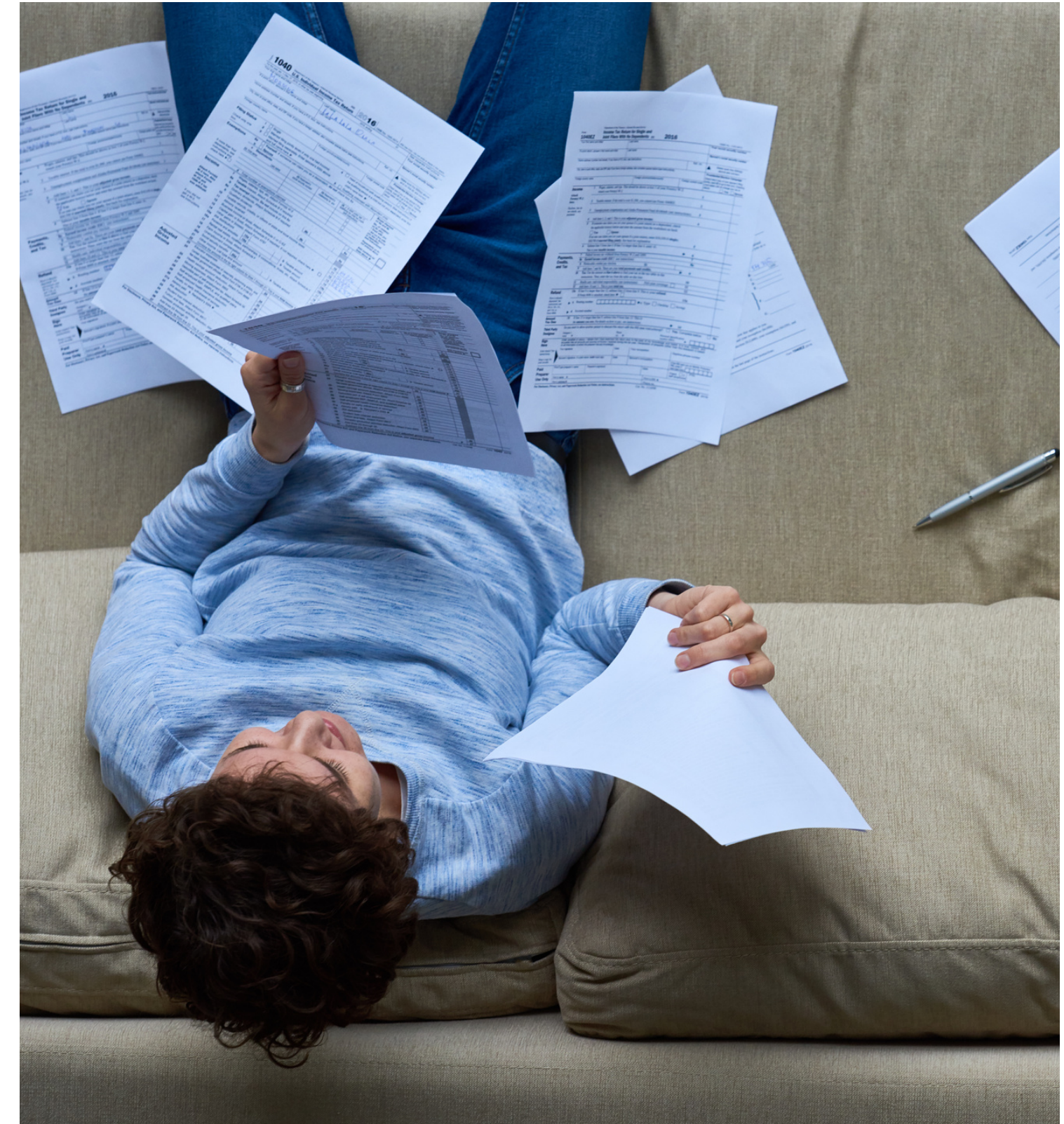
This session is interactive and participatory, with a mix of lectures, group discussions, and hands-on exercises.

Participants will have the opportunity to apply the concepts learned in real-life scenarios and receive feedback from the facilitator.

Conclusion:

By the end of this session, participants will have a better understanding of the relationship between financial stress and mental health, and the strategies they can use to improve both. They will have learned techniques for reducing financial stress, such as budgeting, prioritizing spending, and finding sources of additional income. They will also have gained an understanding of the importance of self-care and how it can help reduce the impact of financial stress on mental health.

Additionally, participants will have an understanding of the various resources available to support their financial and mental well-being, including financial planning services, mental health resources, and community support.



Disclaimer: We provide these sessions for educational purposes only. The information provided should not be construed as professional, financial, real-estate, tax, or instructional advice.