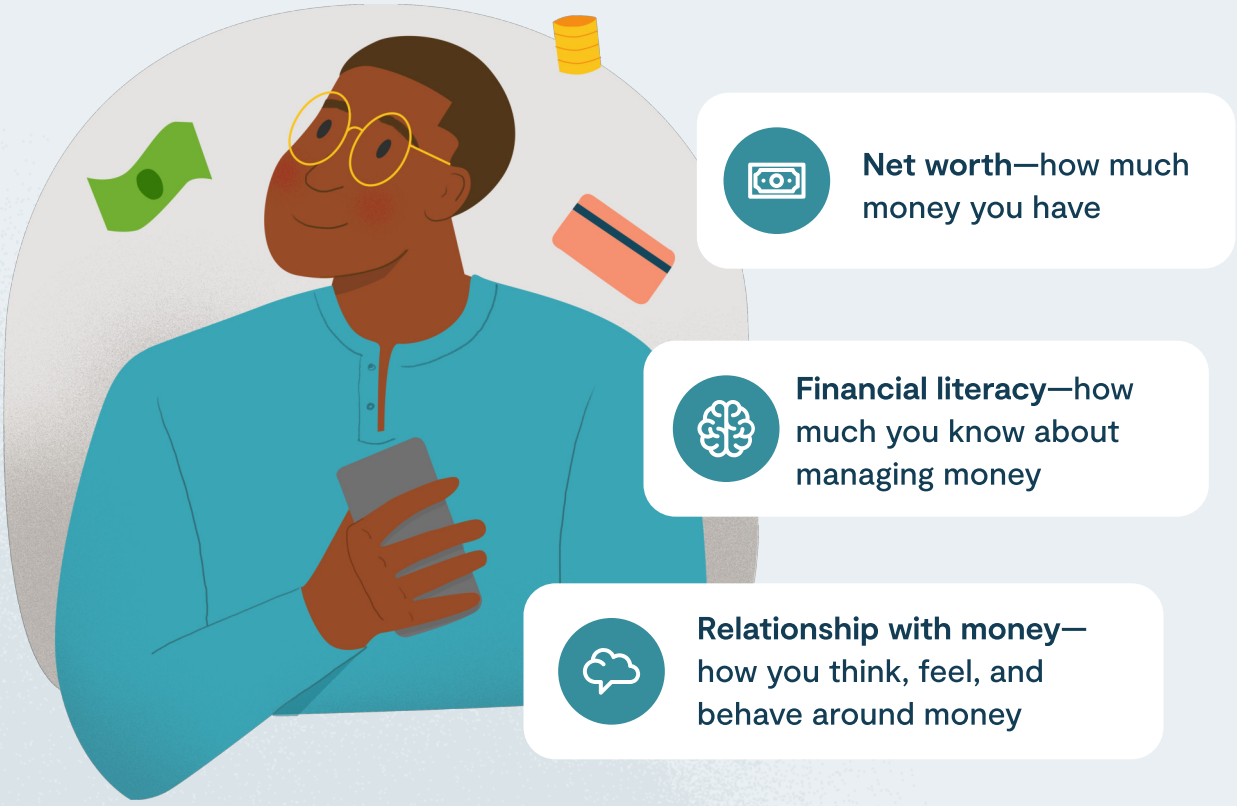
lyra

LYRA WORKSHOP HANDOUT

Money and Mental Health: Taking Control of Your Financial Wellness

Financial wellness is defined as the state of feeling secure with your finances. You're able to meet your financial obligations and feel comfortable investing in choices that make life more enjoyable.

What contributes to financial wellness?



Uncovering your money story

Money stories are the personal narratives we have about money based on our past experiences. They shape our thoughts, feelings, and behaviors around money. Understanding how these stories shape that relationship can help us improve it. Consider these questions:

In your culture...

- Was talking about money encouraged or discouraged?
- Was giving, spending, or saving prioritized more?
- How did people live in your neighborhood?

How might these past experiences impact your current behaviors, thoughts, or feelings about money?

In your family...

- What were your first lessons in what money is and how it should be used?
- What has money looked like over generations?
- Are you the first to shift patterns of wealth?

How might this impact your current behaviors, thoughts, or feelings about money?

In your life...

- Were you taught how to make informed financial decisions?
- How has money played a role in your past and present experiences?
- What are your major expenses? (e.g., children, aging parents, health costs)

How might this impact your current behaviors, thoughts, or feelings about money?

Based on your responses above:

How might your money story shape your relationship with money?

How might your relationship with money impact your financial well-being?

Supporting your financial wellness

Practice mindfulness

Mindfulness is the awareness and acceptance of our thoughts, feelings, behaviors, and experiences just as they are. To practice mindfulness:

1

Bring your awareness to the present moment

2

Ask yourself:

- What am I feeling right now?
- What am I thinking? What am I telling myself?
- What sensations do I feel?

3

Meet what comes up with openness and curiosity, not judgment

Check your thinking

Sometimes our thoughts are our biggest obstacle because they feel like the truth. But, remember: Thoughts are not facts—you get to choose to believe them or not. Slow down and ask yourself these questions:

- How accurate is this thought?
- What is the impact of this thought?
- What's a more helpful, balanced thought?

Tap into your values

We can use our values to guide our behaviors by keeping the focus on what matters most to us. Remembering our values can help us make more intentional financial decisions.

Ask yourself:

- What are three things that bring meaning, purpose, and joy to my life?
- Can these values guide how I use my money?
- How will these values guide how I use my money?

When you're faced with a financial decision, you can pause, reflect on your values, and make a choice that brings you closer to them.

Find additional support

You don’t have to face financial stress alone. Lean on additional support when you need it:

- Connect with a trusted friend or mentor
- Seek guidance from a financial advisor
- Consult educational books, videos, or courses
- Explore workplace, community, or government financial resources

Show self-compassion

Many people struggle with financial wellness. Improving your relationship with money can take time. Be kind to yourself, the same way you might with a friend or family member. Self-kindness can go a long way in supporting your wellness. It’s also important to remember that everyone struggles. You’re not alone.

Remember:
Caring for ourselves is about embracing all parts of us, including the good and the not-so-good. When we struggle, we don’t have to figure it out on our own. Lyra is here to support you. Visit care.lyrahealth.com for more information about our services and to register for care.