

# Mental Health during Financial Stress Matters

## Finances are no longer taboo

As adults, we have been taught that it is rude to talk about money. Whilst this was intended to keep people from bragging, the result is that many don't know how to have discussions about finances. This has created an atmosphere where those who are stressed and need support don't know where to look out of fear of being judged or simply not knowing how to have the conversation. In this session, we will talk about alleviating the anxiety that blocks us from discussing money. We will rewrite the myths that surround finances. We will look at places to gain support for managing finances starting from where you are. Financial stress is enough without adding guilt and shame to the mix. Let's work together to start from where you are to alleviate anxiety and stress for better well-being.

---

## Session Outline

- Let's talk etiquette and money
- Letting go of the past
- Pushing past the fear of budgeting
- Where to go for help
- Discussing finances with a partner
- Real strategies to move forward for better financial health

## Session Includes

- Personal attention and feedback in an informal atmosphere
- An invaluable booklet complete with information covered on the session
- Open forum to ask questions



### Speaker: Gwen Jones

Gwen has an MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained psychotherapist, relationship therapist and coach working with people all over the world to reduce anxiety and have happier, healthier lives. Gwen has worked with Educating Matters for 8 years speaking about DEI and Wellbeing. She studied Psychology at the University of Utah and then trained to become a teacher in Special Education, working with children with severe behavioural disorders, autism and the at risk population. She has trained many educators on behaviour management and cultural awareness. Gwen has taught in the USA and the UK. A mother of 4, she is very active in her children's schools. Political activism has always played a strong role in her life in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.