

# Financial Self-Care:

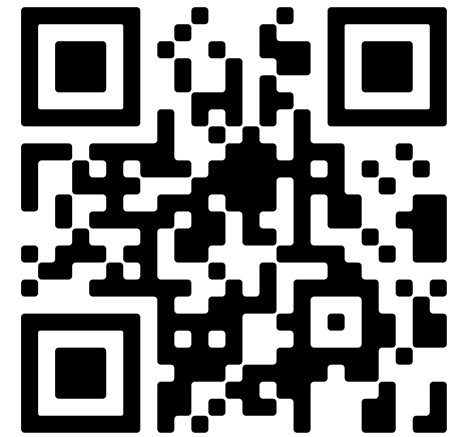
How to Promote an Abundant  
Life



**Joyce Marter**

# Resources

- Presentation Slides
- Handouts
- Other articles
- Video

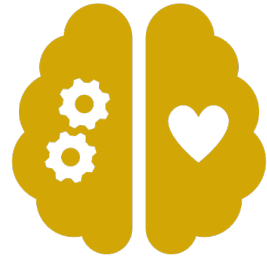


*SCAN ME*





# A Surprise Bonus from Therapy



The intrinsic relationship  
between mental health &  
financial health



# The COVID-19 Pandemic

A Global Mental Health/  
Financial Health Trauma



# Financial Trauma

- Racism, discrimination, marginalization
- Poverty, chronic lack of resources
- Unemployment
- Business closing
- Foreclosure, short sale
- Bankruptcy
- Theft
- Lawsuit
- Illness, injury, disability

## Question: Mental/Financial Health

# Which do you see in your clinical work?

- a) Mental health issues impacting finances
- b) Self-worth issues impacting finances
- c) Relationship issues impacting finances
- d) Financial stress impacting mental health
- e) Financial stress impacting self-worth
- f) Financial stress impacting relationships
- g) Trauma impacting mental and financial health
- h) Burnout impacting mental and financial health



**Joyce Marter**

# It's Not About the Money

It's About Financial Health  
& Wellbeing





# The Psychology of Money

- Understand the impact of family-or-origin experiences and financial trauma
- Understand your thinking, emotions, behaviors, & relationship with money
- Emancipate yourself from self-limitation
- Harness the power of intention & self-fulfilling prophecy
- Shift your thinking to positive psychology
- Expand your limits & comfort zone to live a greater life

**Joyce Marter**



# Understand Your Money Story

- Family-of-origin beliefs and experience
- Cultural, religious, and gender messages
- The meaning of money

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# Exercise

- Therapy Session Questions and/or Journaling Prompts:
- For Assessment and Promoting Insight



We all unconsciously recreate  
the familiar until we become  
aware and we choose  
something better.



# Financially Conscious Behavior

Decide to move from:

Denial

Awareness

Uninformed

Informed

Blame

Responsibility

Disempowerment

Empowerment

Passivity

Action

# Improve Your Relationship with Finances



## **Improve financial communication**

- Establish systems
- Have regular meetings



## **Set Boundaries with Assertive Communication**

- Partner
- Kids
- Extended family/in-laws



## **Be Aware of Financial Infidelity**



## **Understand Codependency**

- Alcohol, drugs, addiction
- Mental health issues
- Other problems

## A Story about Penny & Prosperity



# Exercise Three

- Look at Your Financial-Self in the Mirror:
- Apply Mindfulness to Finance



# Financial Literacy

- Budgeting
- Banking
- Investing
- Reading bills and reports
- Understanding interest and fees
- Empowerment



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# Scarcity vs Abundance

- Can be caused by fear
  - Competing for available resources
  - Rooted in limiting beliefs
  - **Focused on what you don't have**
- Can be a result of gratitude
  - Not competition involved
  - Rooted in believing there is enough for everybody
  - **Focused on believing in yourself**



**Joyce Marter**

# Exercise

- Record & Rewire Your Thinking:
- Utilize CBT to Cultivate Abundance



# Change Your Language

“I don’t” to “I do” (e.g. “I don’t deserve prosperity” to “I do deserve prosperity”)

“I won’t” to “I will” (e.g. “I won’t get the job” to “I will get the job”)

“I can’t” to “I can” (e.g. “I can’t start my own business” to “I can start my own business”)

“I’m not” to “I am” (e.g. “I’m not very good at what I do” to “I am good at what I do”)

SITUATION	THOUGHT	EMOTION	BEHAVIOR	ALTERNATE THOUGHT
Your coworker received the promotion instead of you.	"I suck."	Anger, sadness, shame	Sulky and passive-aggressive	"There will be a better opportunity for me in the future."



# The Flow of Money


- Balance earning, spending, and saving for strong flow
- Tolerate & planning for the ebbs & flows
- Investment in yourself
- Understand seasonal, stages of career, developmental stages of life
- Get into the flow of life & prosperity



# Discover Your Worth

And See We are All Beggars  
on a Golden Bench

*What is your golden bench?*



I am a financial planner, not a psychiatrist, but I do know that your net worth will rise to meet your self-worth only if your self-worth rises to accept what can be yours.

**SUZE ORMAN,**  
author of ten consecutive *New York Times* best sellers about personal finance

# Own Your Worth

Am I good enough?  
Yes, I am.

**MICHELLE OBAMA,**  
Lawyer, Author and Former First  
Lady of the United States



# Exercise

- Examine Your Self-Worth:
- Utilizing psychodynamic psychotherapy, self-psychology, and mindfulness



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Emancipate yourself from self-  
limitation





# Shift Your Thinking

~~You certainly didn't go into this field for the money~~

You are a professional with an advanced degree who does important work in the world. When you have more, you can help more.

**Joyce Marter**

Why are you so enchanted by this  
world when a mine of gold lies  
within you?

**RUMI,**  
thirteenth-century poet, Sufi  
mystic, and theologian





Remove Barriers and See  
Possibility

**Joyce Marter**



When you refuse to  
believe something is  
impossible,  
it becomes *possible*.





# Identify Income Streams

- Therapy clients
- Coaching clients
- Public speaking, trainings & workshops
  - EAP (CISD's, workplace wellness, etc.)
- Consulting
- Blogging and article writing
- Passive Income:
  - Webinars
  - Book, audiobook, and e-courses
- Other side hustle

“

Success is a state of mind. In order to be a success, you must first think of yourself as a success.

**DR. JOYCE BROTHERS**

”





## Financial Self-Care Wheel Exercise

# Release Your Financial Anxiety and More



**Joyce Marter**

FEATURED ON **REAL SIMPLE** —

“

**We are not our bank account;  
we are not our debt.**

**That's how we are, not who  
we are.**

**Joyce Marter**

# The Emotions Around Money

Create a paradigm shift from:

Inadequacy → Worth

Disempowerment → Empowerment

Shame → Pride

Hopeless → Hopeful

Fear → Confidence

Guilt → Deservingness & Altruism

Anxiety/  
Frustration → Peace

## Detachment

Feelings are waves of energy which we can choose to surf, rather than allowing them to overcome us.

ARLENE ENGLANDER



# Detach From:

- Your own negative emotions like fear, anxiety, anger and sadness
- The negative emotions of others
- Expectations
- Outcome (embrace uncertainty)
- Risk to cultivate risk tolerance





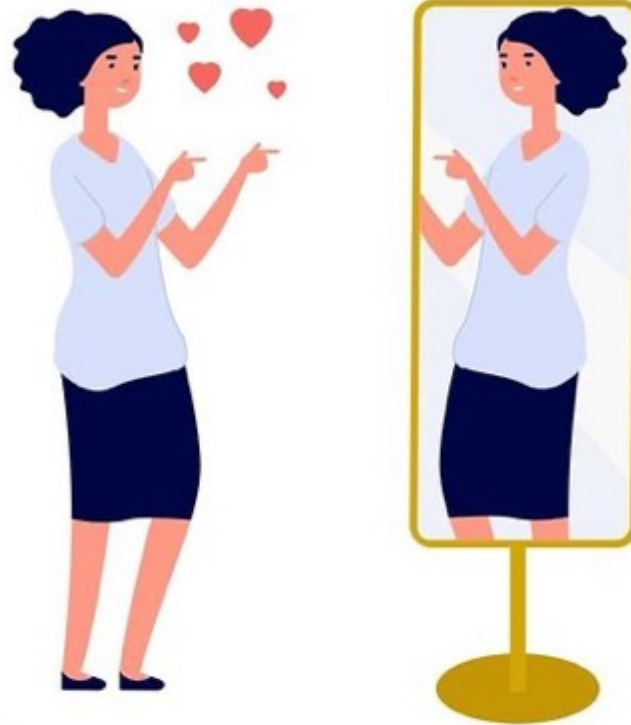
# The Ego & Money

- Detach from ego
- Align with purpose
- Imposter syndrome & perfectionism
- Choose self-love over self-sabotage
- Be assured that when you have more, you can give more

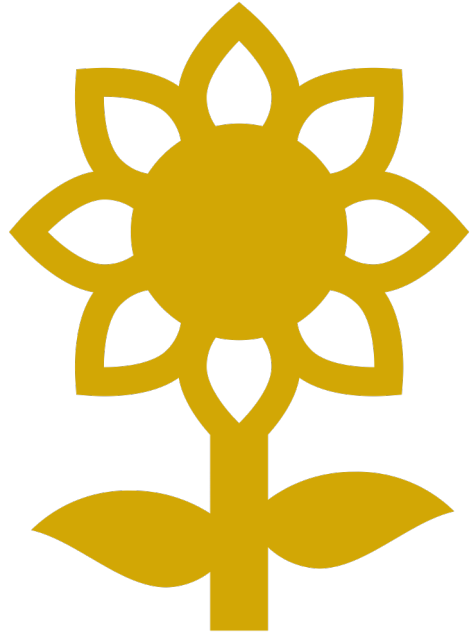
**Joyce Marter**

Healthy  
self-esteem  
is midway  
between Diva  
and Doormat

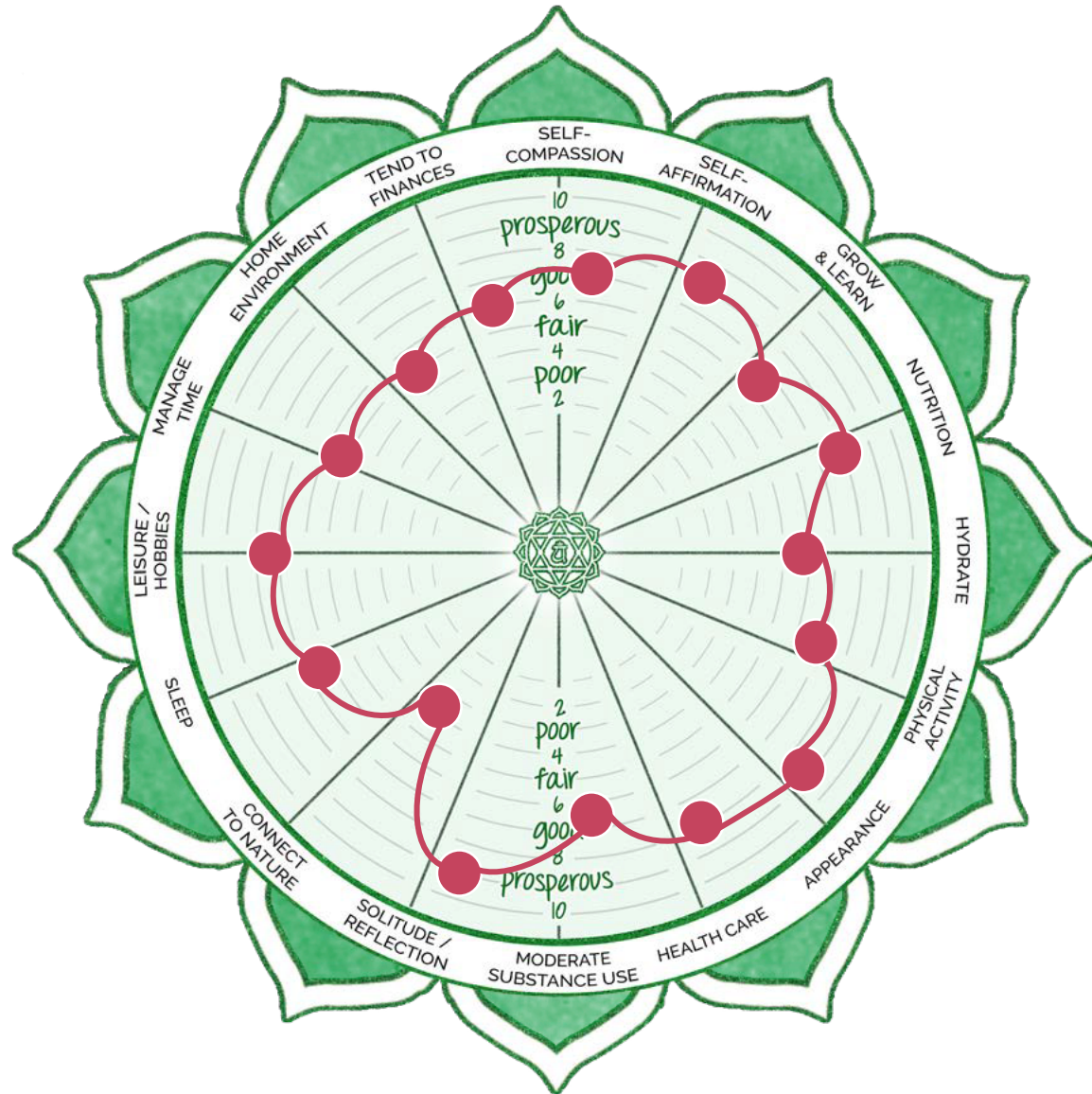
**I am always enough.  
Period.**



**Joyce Marter**



**Having a healthy  
relationship with yourself  
is essential for *happiness*.  
Choose to be your own  
good parent, best friend,  
and greatest advocate.**



# Self-Love Wheel Exercise



# Apply Mindfulness to Finance

- Presence
- Mindful spending

**Joyce Marter**

# Develop Healthy Work-Life Balance



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# Step By Step Plans for Balance

1. Create a vision that includes work-life balance
2. Create a business plan
3. Access support

# Vision

- Participate in Career Counseling or Coaching
- Professional Association Membership
- Utilize Mentoring
- Create a Vision Board
- 1-3-5 Year Plan



“

Alone we can do so little,  
together we can do so much.

HELEN KELLER

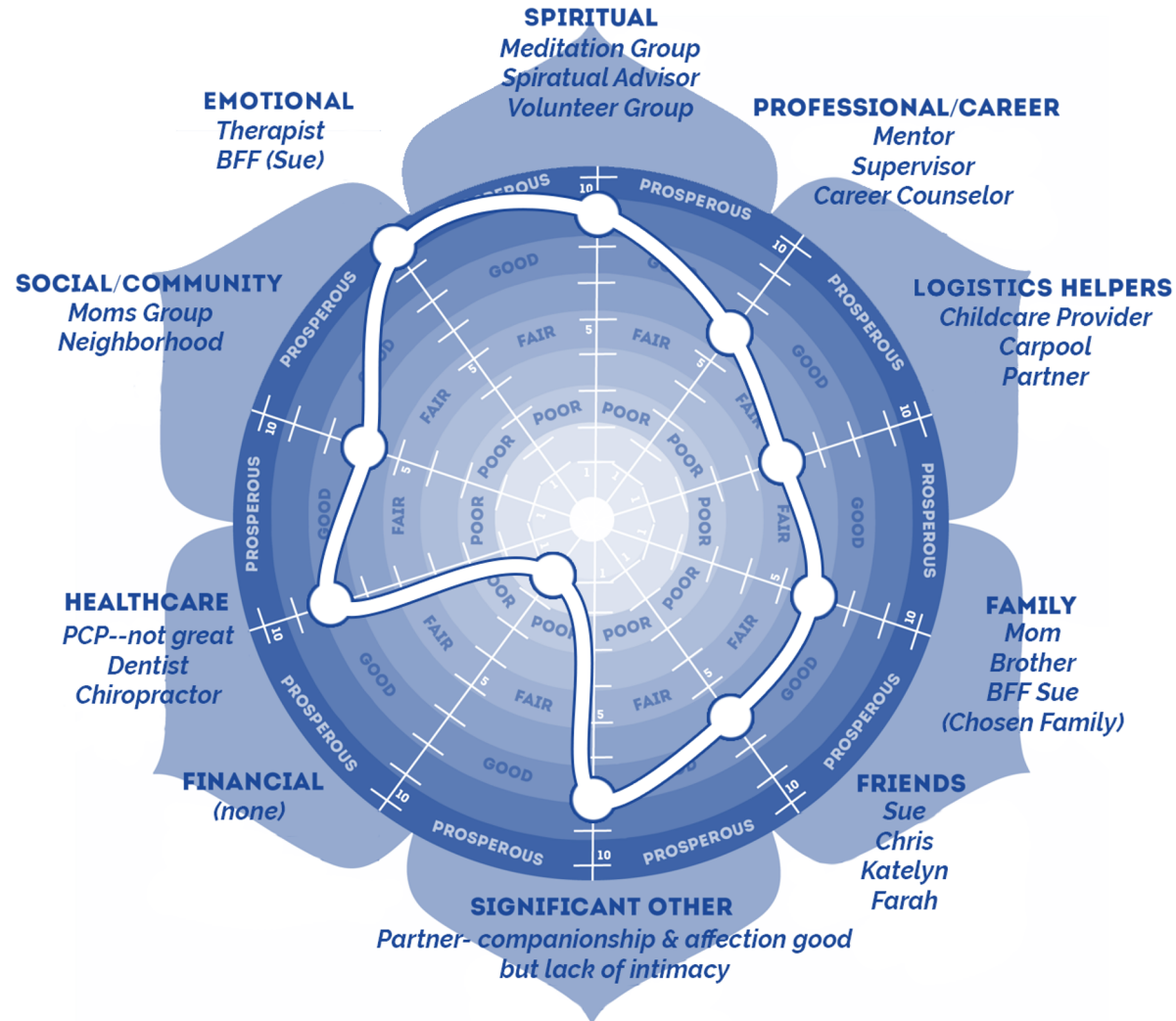
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# Barriers to Accessing Support

- Fear (difficulty trusting)
- Pride
- Shame or stigma
- Guilt
- Fear of imposition
- Low self-esteem, not feeling deserving
- Learned helplessness
- Hopelessness
- Loss of power and control (ego)
- Loss of credit (ego)
- Early life messages
- Expense
- Introversion or shyness

1-3 POOR, 4-6 FAIR, 7-8 GOOD, 9-10 PROSPEROUS



# Completed Support Wheel Sample

# Cultivate a Thriving Network

- Ask how you can help, rather than what you need
- Connect on LinkedIn
- Send them resources
- Follow-up
- Nurture your relationships



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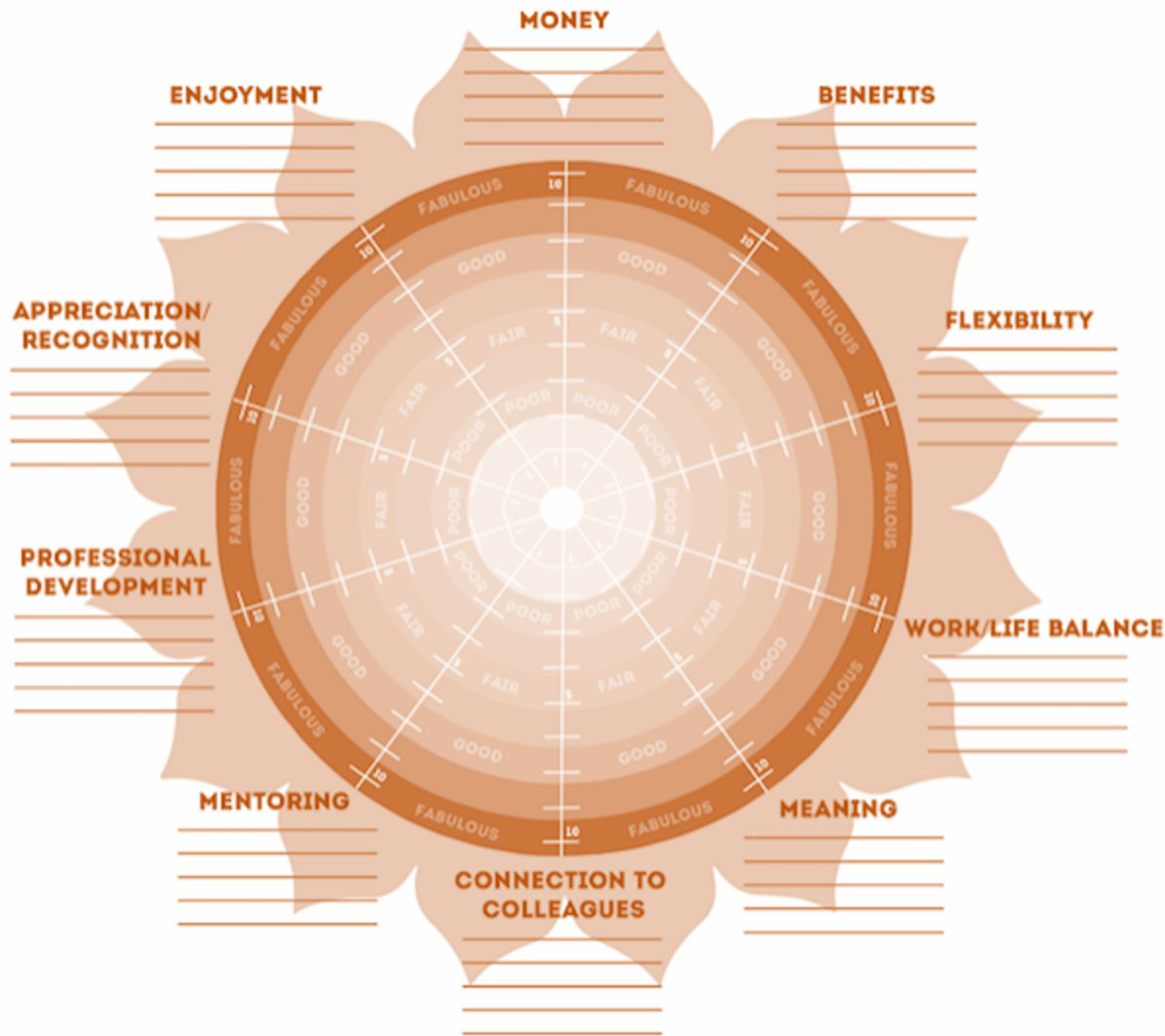
# Create a Financial Board of Advisors

- Financial Planner/Advisor
- Accountant
- Attorney (for will, estate planning, etc.)
- Accountability Partner
- Counselor, Therapist or Coach
- 12-Step Support
  - Debtors Anonymous, Underearners Anonymous, Spenders Anonymous, Gamblers Anonymous, Codependent Anonymous

# Set Healthy Financial Boundaries for Personal & Professional Success



**Joyce Marter**



# Professional Satisfaction Wheel

**1-3 POOR, 4-6 FAIR, 7-8 GOOD, 9-10 PROSPEROUS**

# The Power of Negotiation

- Everything is negotiable:
  - Interest rates
  - Leases
  - Purchases



**Joyce Marter**

“

A negotiator should observe  
everything.  
You must be part Sherlock  
Holmes,  
part Sigmund Freud.

VICTOR KIAM

”

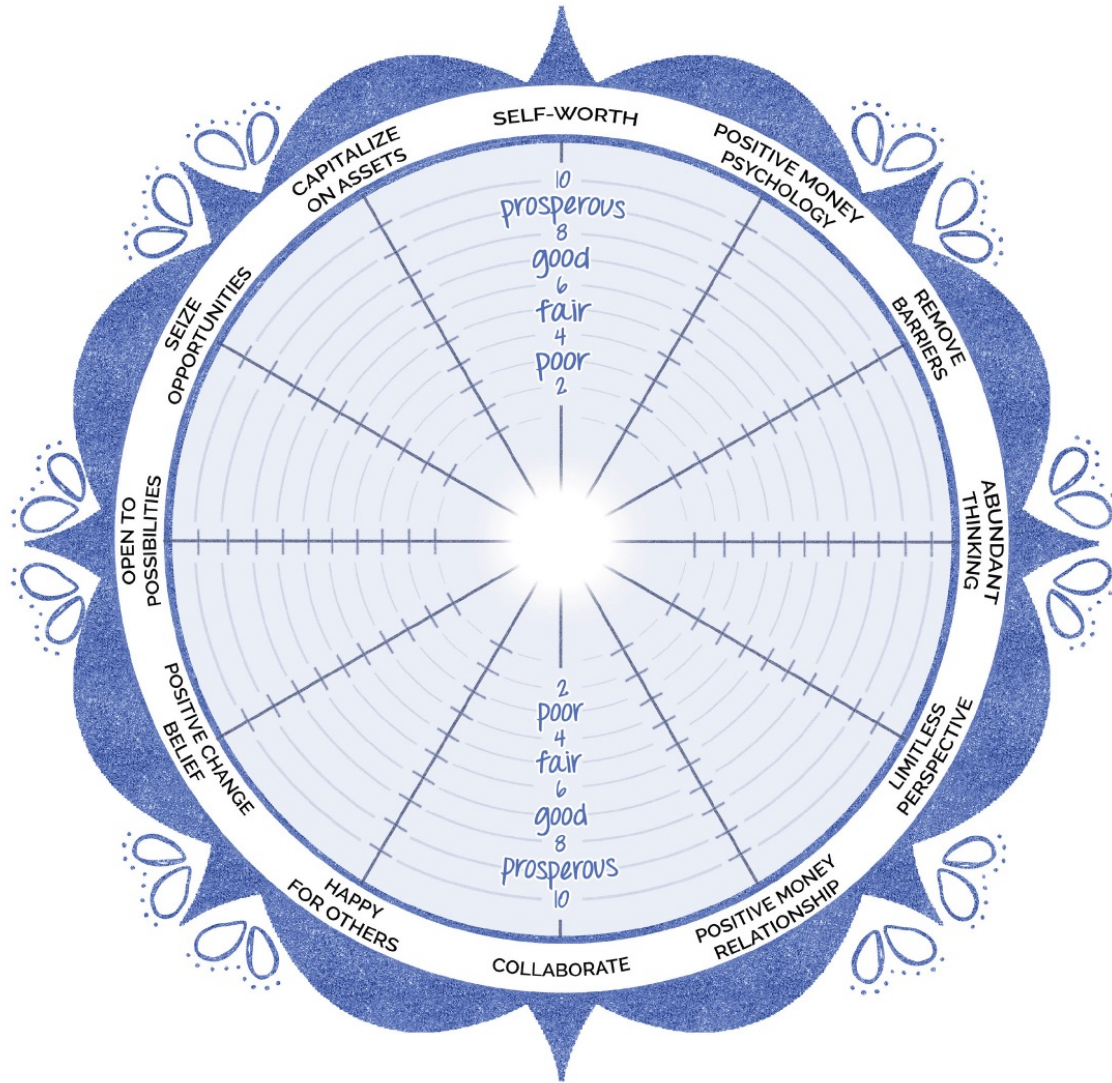


# An Abundance Mindset Facilitates

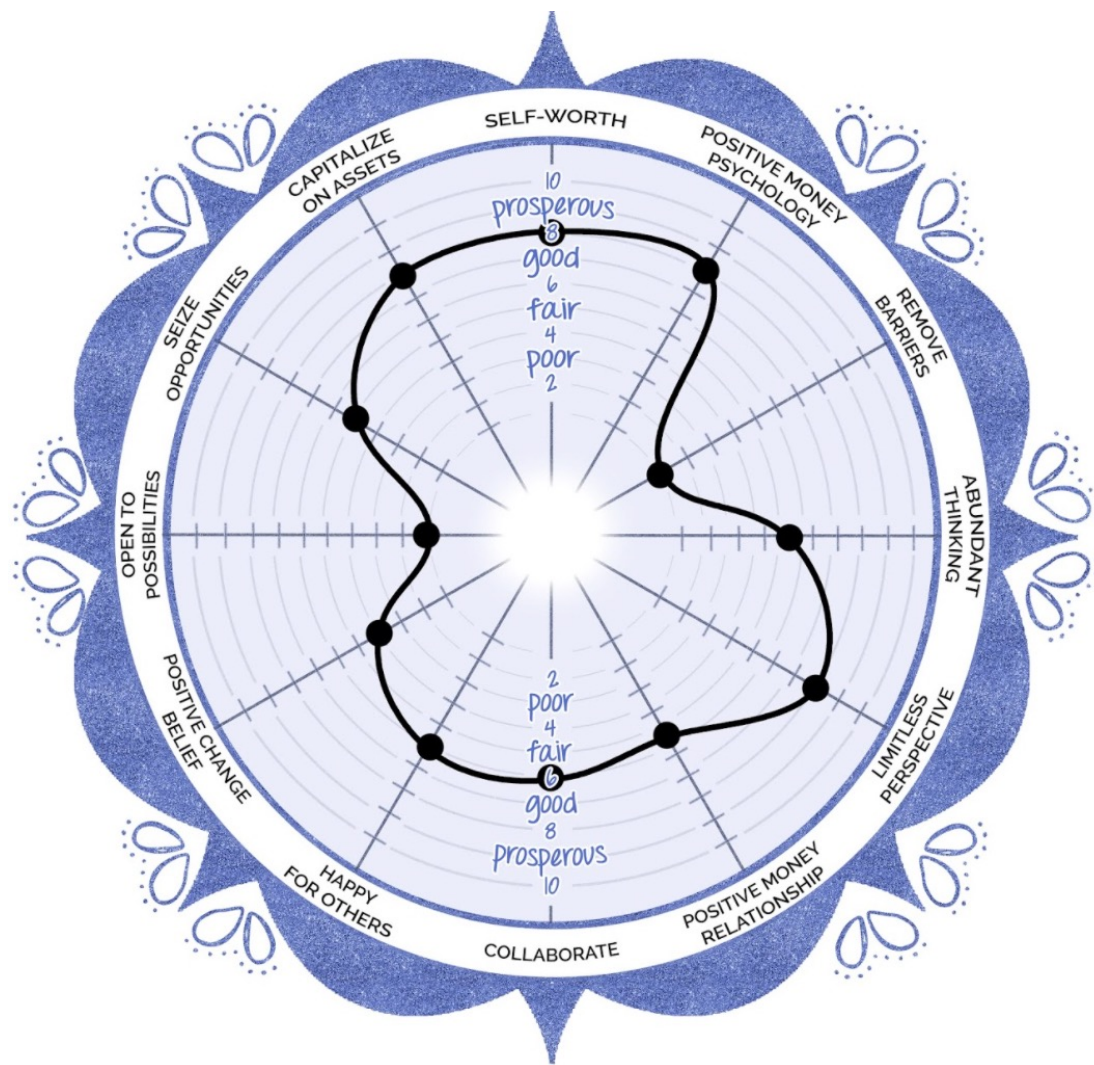
- Creativity
- Positivity
- Hope
- Openness
- Flexibility
- Growth and expansion
- Empowerment
- What else? Clinical implications?



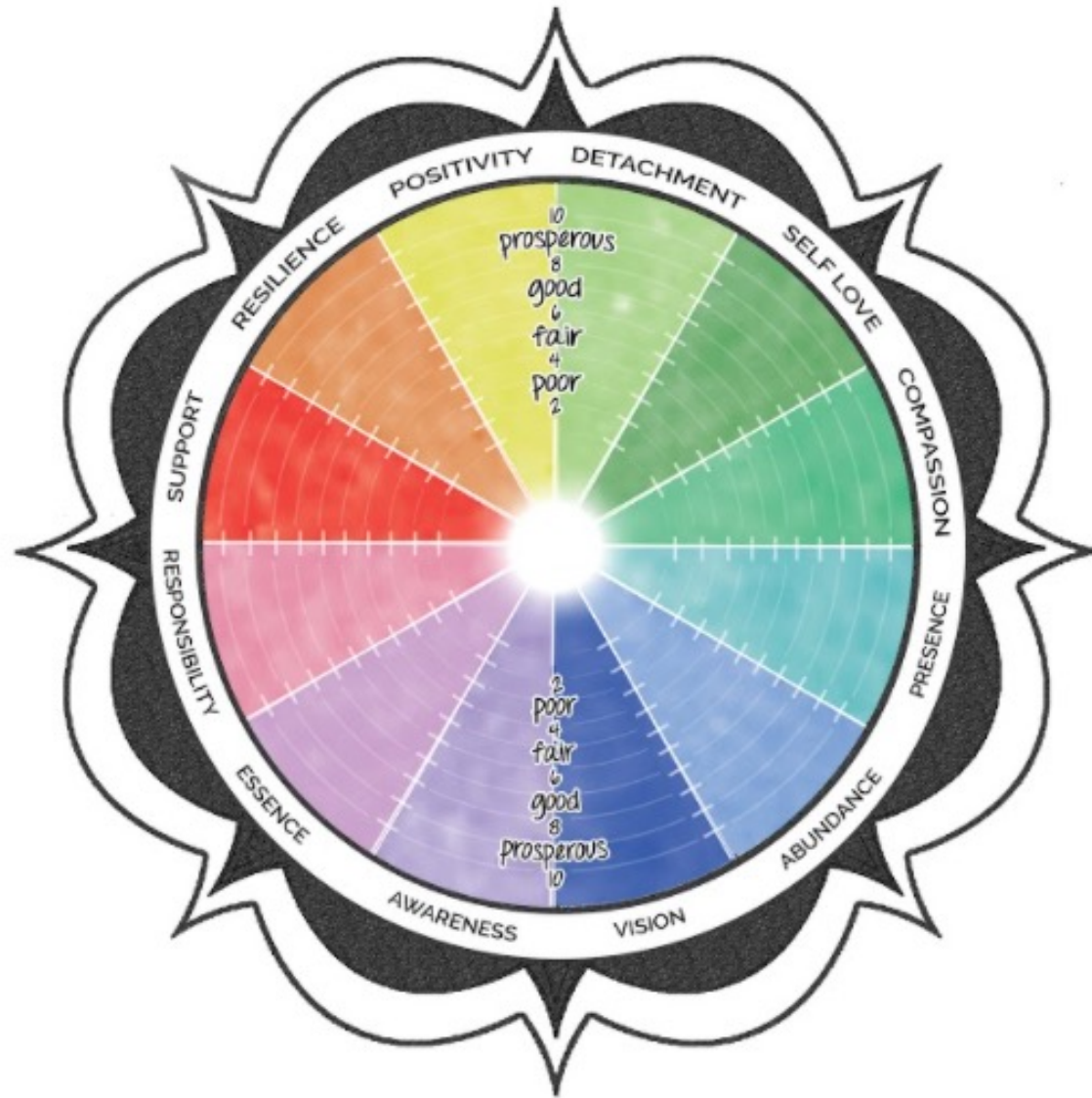
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## Exercise Seven: The Abundance Wheel



## Sample Completed Abundance Wheel



## 12 Mindsets for Holistic & Balanced Success

# Mental Wealth



Success is to live openly,  
authentically & lovingly in  
alignment with the highest  
good of self & others – to the  
greatest extent possible.

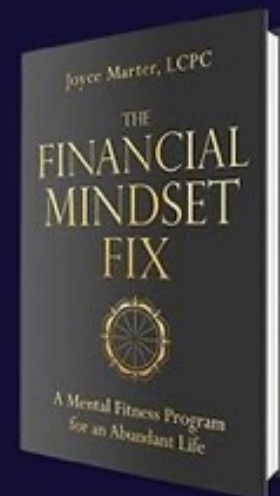


FEATURED ON **Forbes** —

“

**How The Financial  
Mindset Fix Will Help  
You Conquer Money  
Blocks And Make  
You Rich**

**Joyce Marter**



# Joyce Marter

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Q & A

