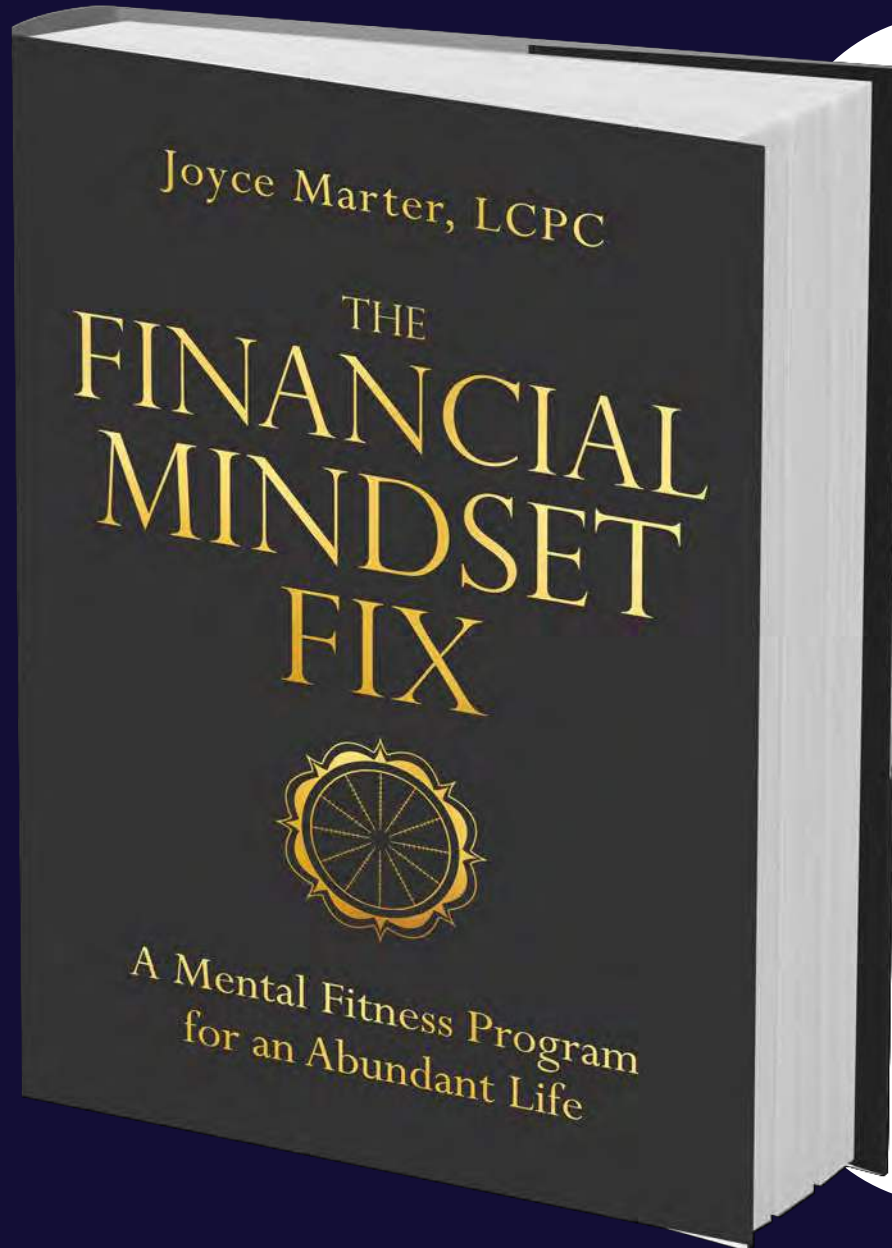


Mental Wealth

Promoting
Mental Health
& Financial Health



Joyce Marter



Resources



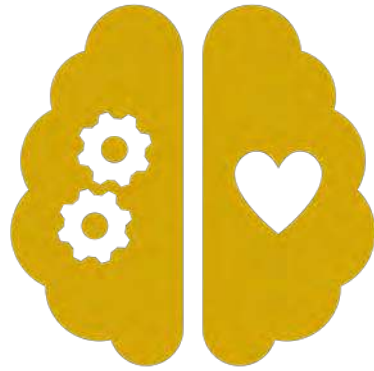
SCAN ME

<https://qrco.de/bcWZyu>



The COVID-19 Pandemic


**A Global
Mental & Financial Health
Collective,
Chronic Trauma**



*The intrinsic
relationship between
mental health &
financial health*



***A Surprise
Bonus from
Therapy***



***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



The Psychology of Money

- Thoughts
- Emotions
- Behaviors
- Relationship with money

Joyce Marter

My Story





Financial Trauma

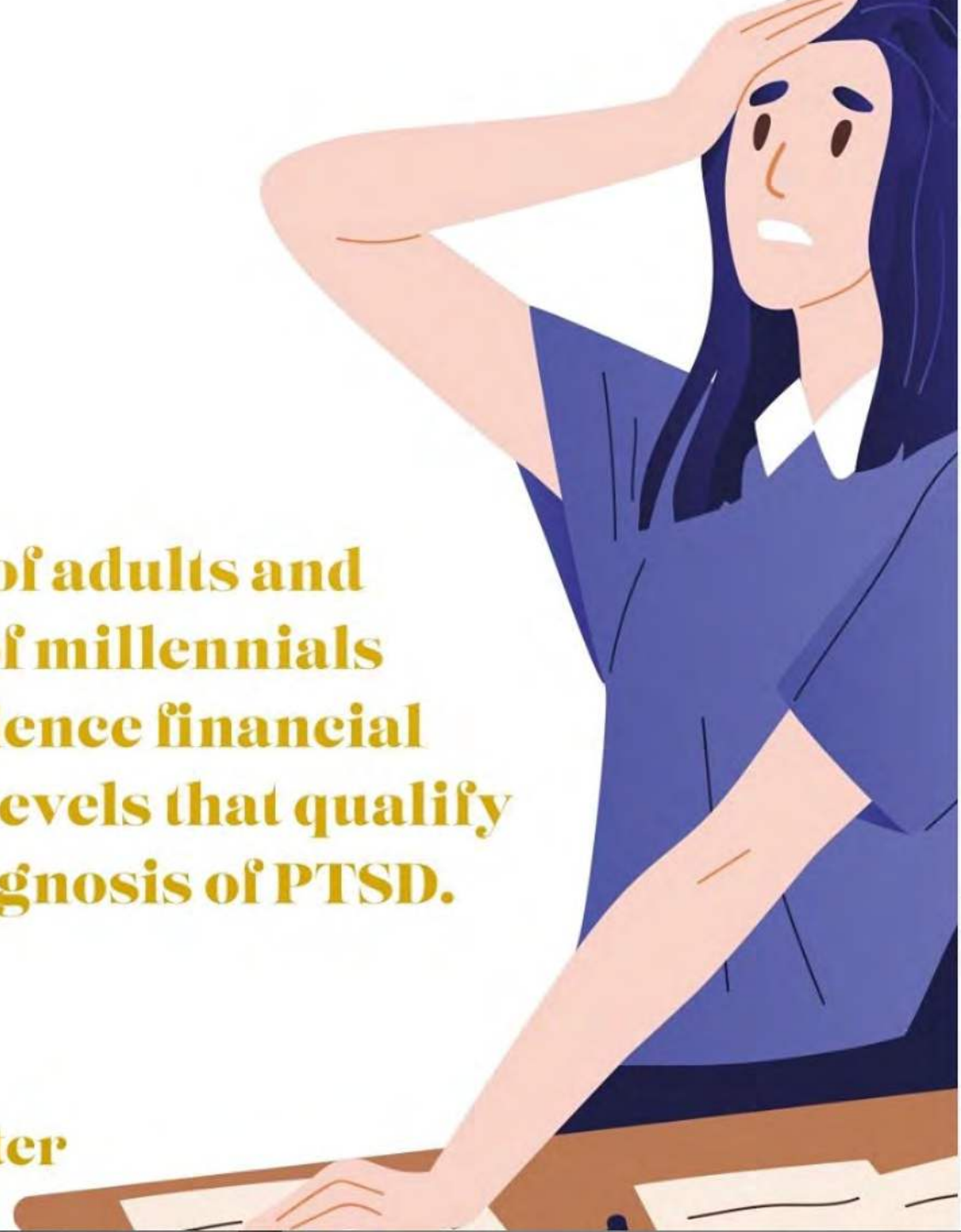
- Racism, discrimination, marginalization
- Poverty
- Unemployment
- Business closing
- Foreclosure, short sale
- Bankruptcy
- Theft
- Lawsuit
- Divorce
- Healthcare costs

Joyce Marter



**23% of adults and
36% of millennials
experience financial
stress at levels that qualify
as a diagnosis of PTSD.**

Joyce Marter



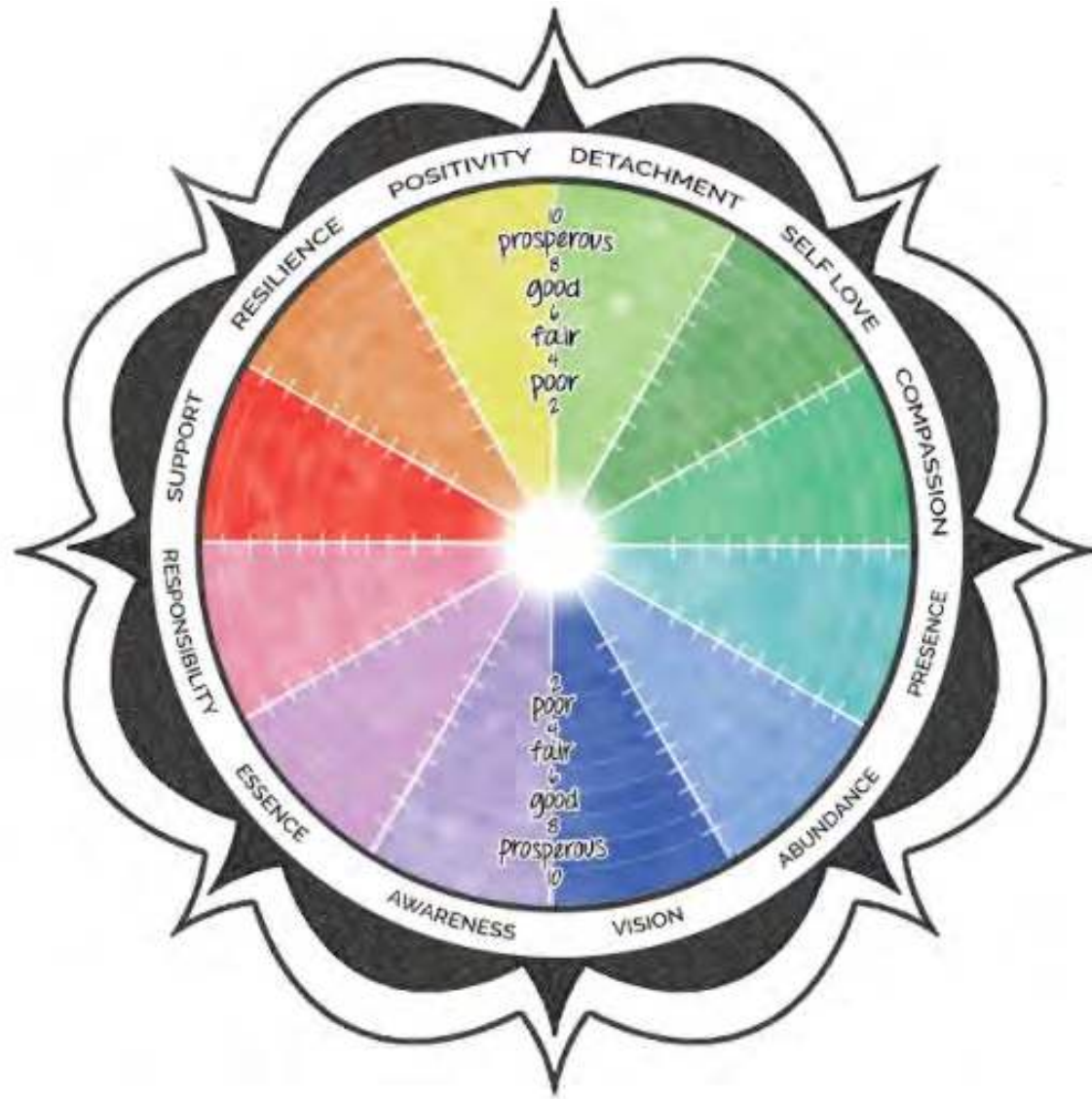
FEATURED ON  moneygeek —

“

Financial distress accounts for 16 percent of suicides in the US and correlates with lower life satisfaction.

Joyce Marter





Twelve Mindsets for Holistic & Balanced Success

It's Not About the Money

It's about expanding
consciousness and being
of greater service to the
world around you



The Spirituality of Money



FEATURED ON **LIVE BOLDLY**

**When you have more,
you can help more.**





"SUCCESS BEGINS WITH
AN AWAKENING,
AN HONORING OF THE PAST
FOR HOW IT HAS SHAPED
& MOLDED US,
AND A CHOICE TO
TAKE RESPONSIBILITY FOR
OUR PATH GOING
FORWARD."

JM
JOYCE MARTER

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



FEATURED ON **Psychology Today**

**Are your mother's
money beliefs
making you buy
ugly shoes?**





Understand Your Money Script

- Money Worship
- Money Status
- Money Avoidance
- Money Vigilance

Joyce Marter



Is Your Unconscious Robbing You of Riches?

What You Don't Know Will Hurt You

Joyce Marter



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 and deserves financial peace and prosperity.

Joyce Marter

Financially Conscious Behavior

Decide to move from:

Denial

Awareness

Uninformed

Informed

Blame

Responsibility

Disempowerment

Empowerment

Passivity

Action

Improve Your Financial Relationships



Establish Communication



Set Boundaries

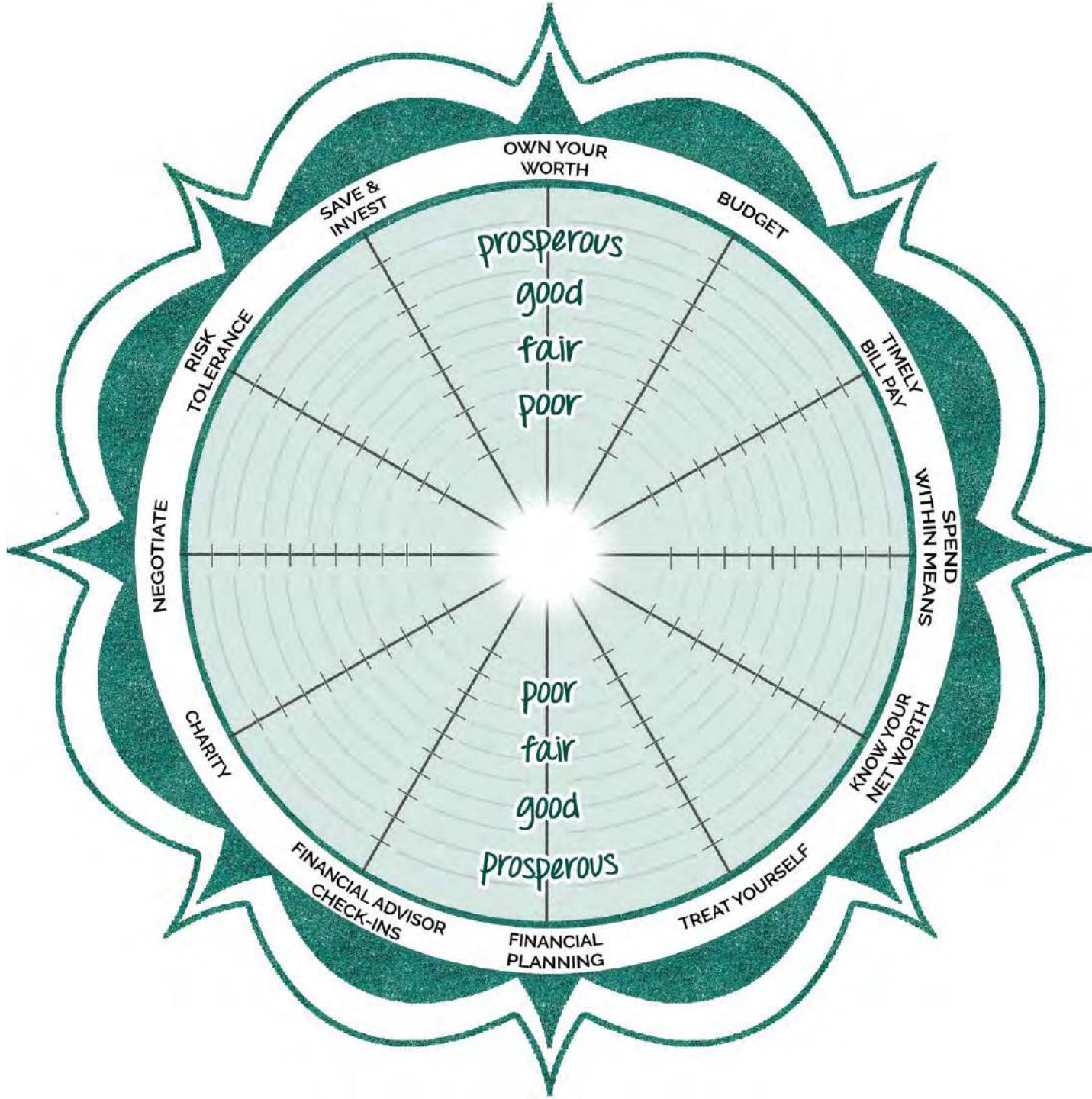


Recognize Financial Infidelity

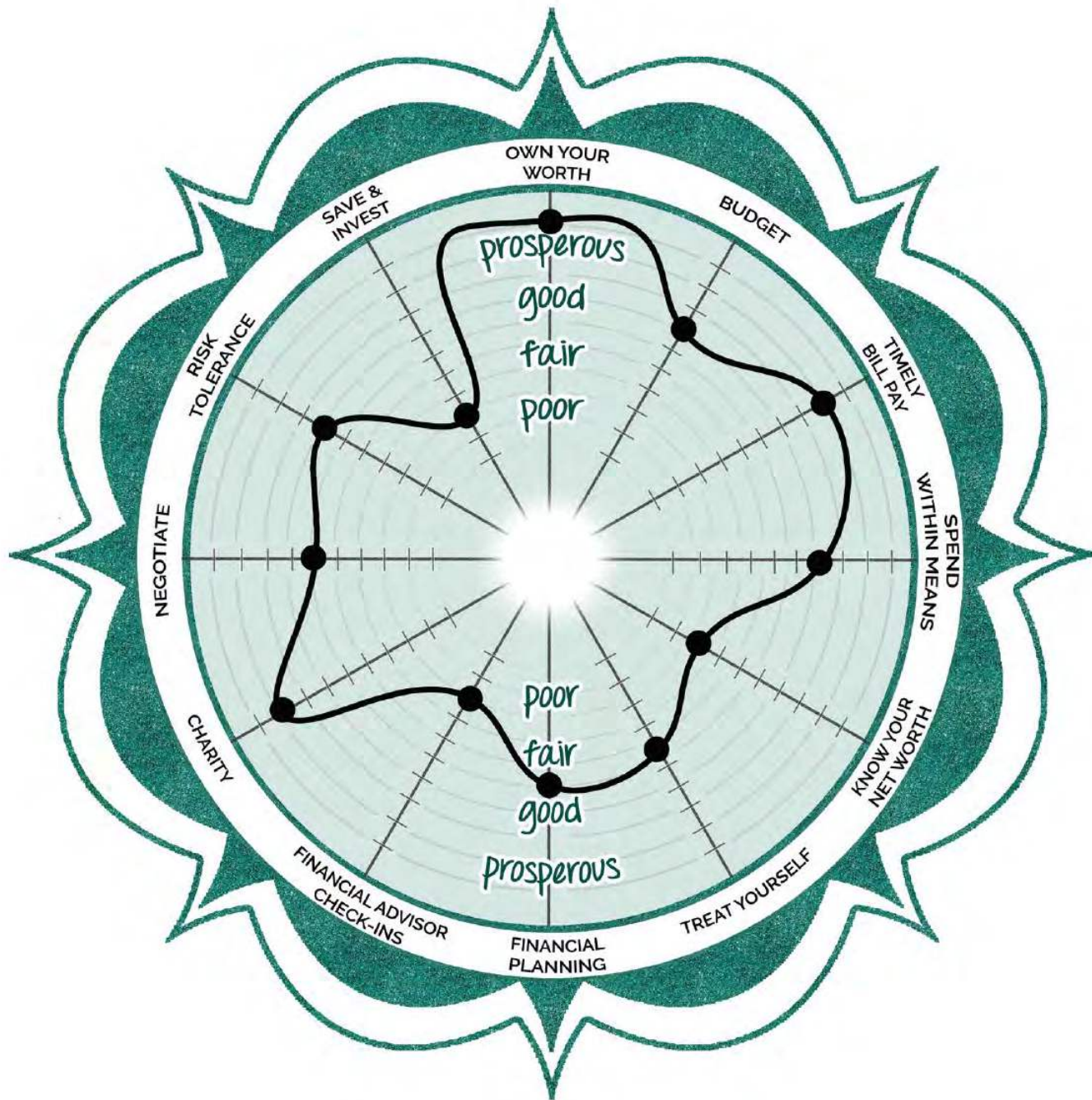


Recover from Codependency





The Financial Health Wheel



Sample Completed Financial Health Wheel

Financial Literacy

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



Joyce Marter

Long-lasting and pronounced success comes to those who renew their commitment to a mindset of abundance every minute of every hour of every day.

BRYANT MCGILL,
American Author



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





Discover Your Worth

And See We are All Beggars
on a Golden Bench

What's your golden bench?

***Emancipate
yourself from
self-limitation***





***Remove Barriers
and See Possibility***

Joyce Marter

Change Your Language

“I don’t” to “I do”

“I won’t” to “I will”

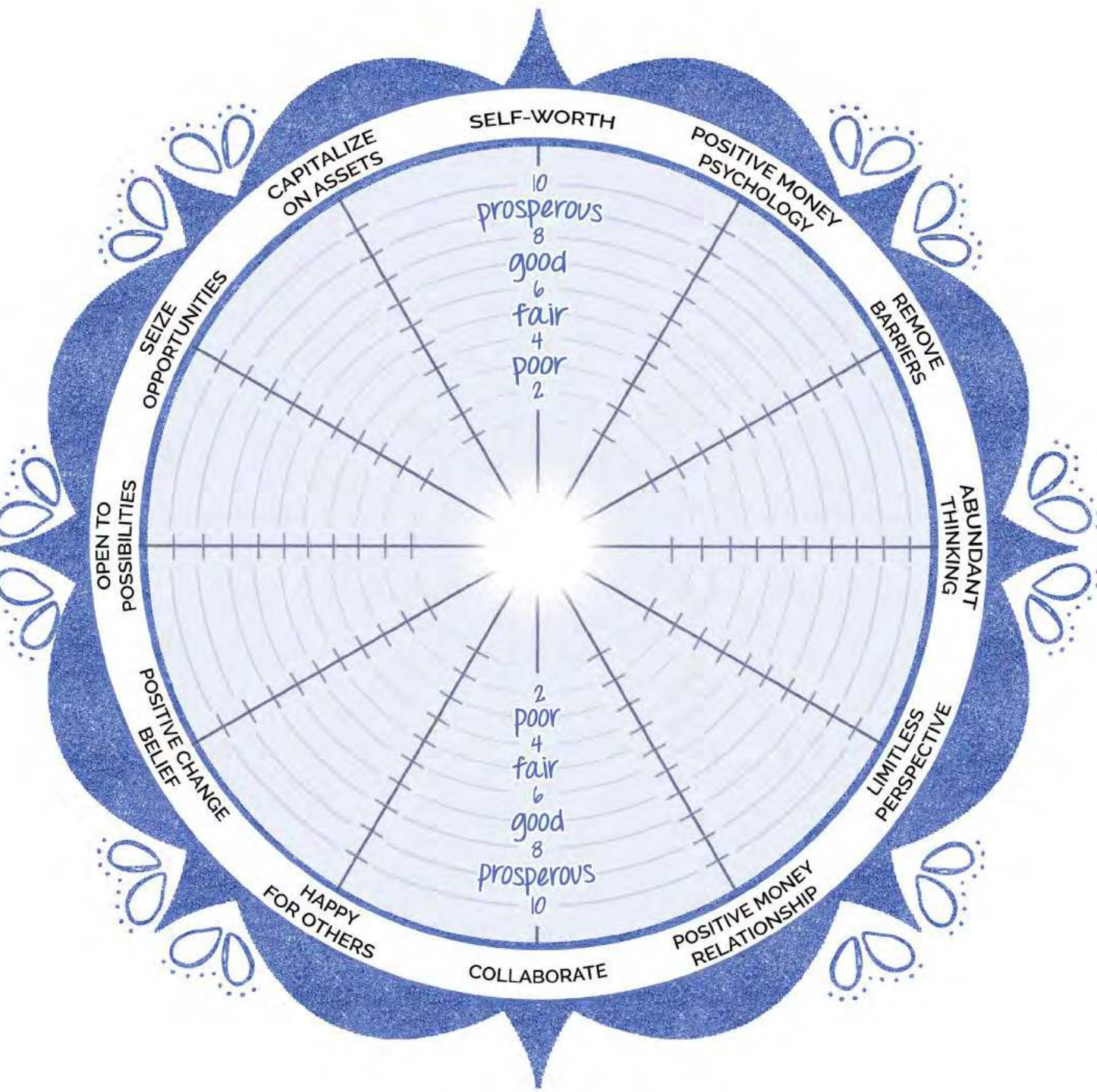
“I can’t” to “I can”

“I’m not” to “I am”

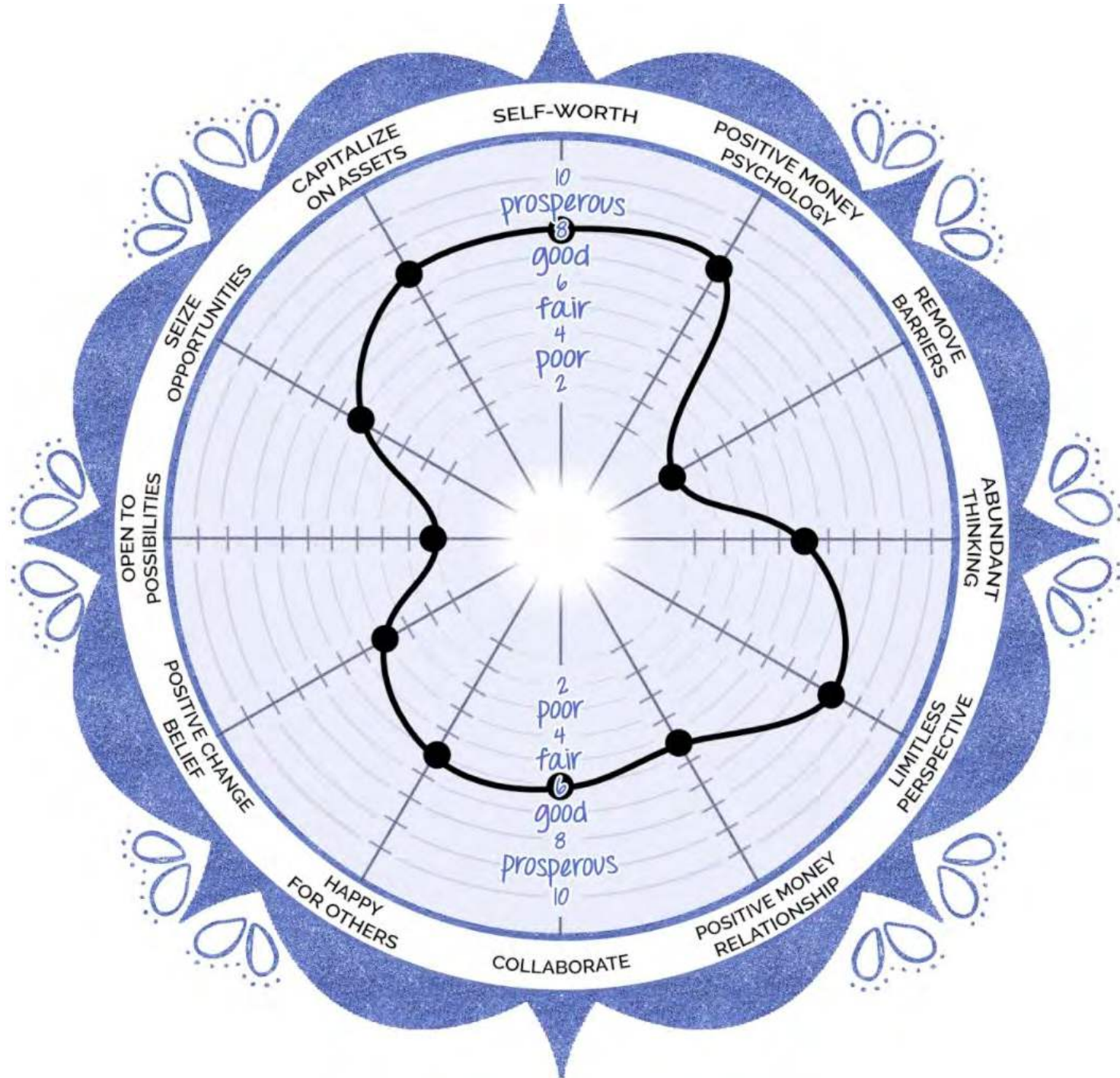
Life is Not a Competition

Collaborate for Greater Reward





Abundance Wheel



Sample Completed Abundance Wheel

An Abundance Mindset Facilitates

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



Joyce Marter

An Abundance Mindset Can Support

- Finding Love
- Gaining Friendships
- Strengthening Family
- Meaningful Work
- Prosperous Finances
- New Life Experience
- Growth & Learning
- Health & Recovery



Joyce Marter

You must care about

yourself

enough to welcome the life you

deserve

Own Your Worth

*Am I good
enough?
Yes, I am.*

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





The Ego & Money

- Detach from ego
- Align with purpose
- Watch out for Imposter syndrome & perfectionism
- Choose self-love over self-sabotage
- Having more is not selfish because you can help more

Joyce Marter

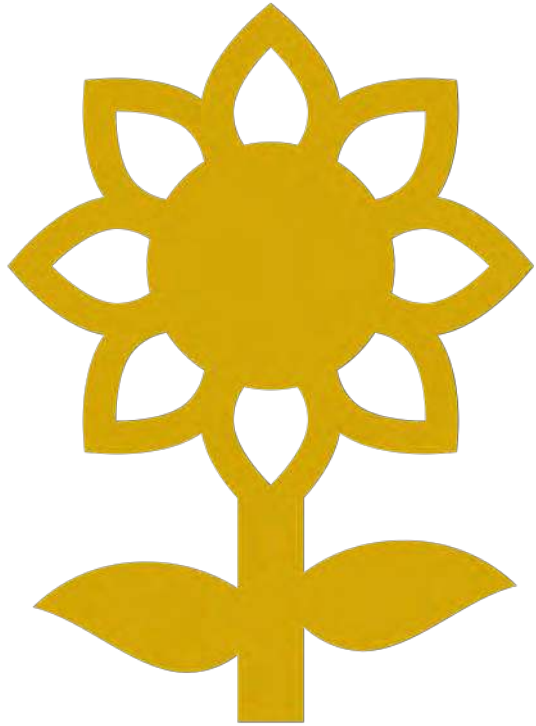
Healthy
self-esteem
is midway
between Diva
and Doormat

**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.**



**"Loving ourselves is
perhaps life's most
important lesson and is the
prerequisite to receiving
powerful love and
prosperity in our lives."**

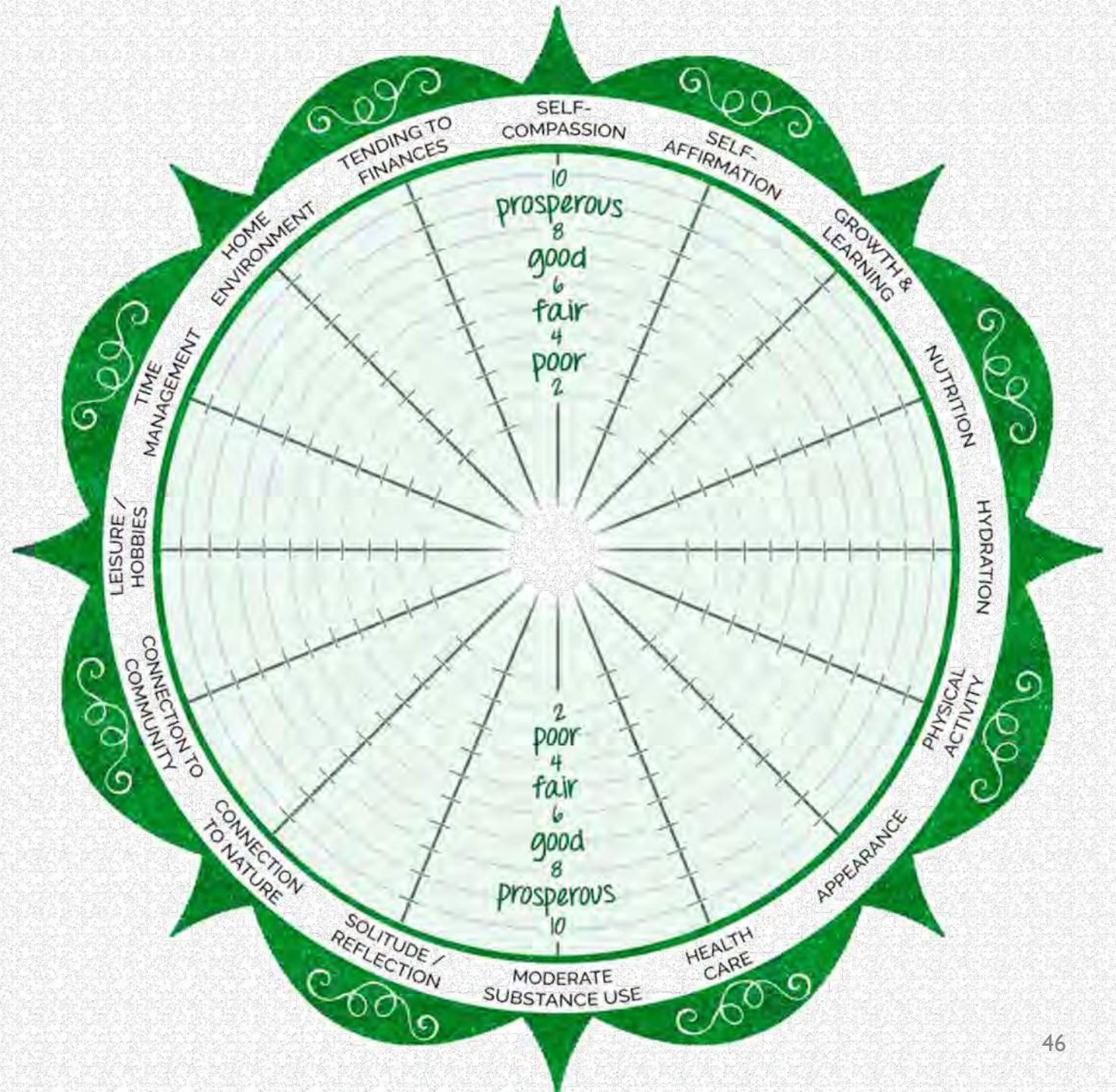
– Joyce Marter



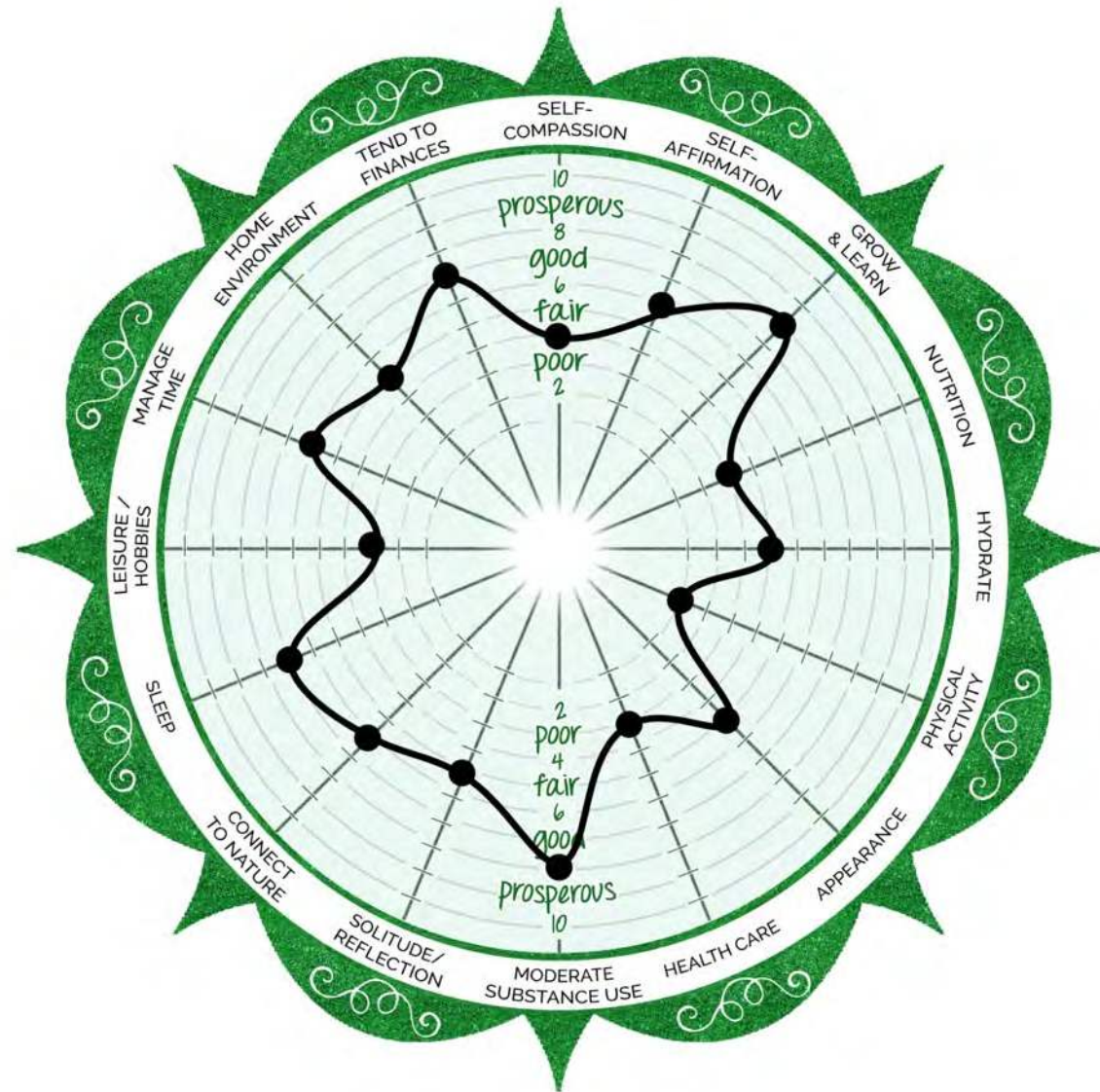
www.joyce-marter.com



Self-Care Wheel



Sample Completed Self-Care Wheel





Apply Mindfulness to Finance

- Presence & Intuition
- Mindful Spending
- Sound Decisions

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



The Flow of Money

- Balance earning, spending and saving for strong flow
- Tolerate & planning for the ebbs & flows
- Understand seasonal, stages of career, developmental stages of life
- Invest in yourself so more can flow out

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



*A Story about Penny &
Prosperity*



Jeffery



Sally





**Love is the
currency of life**

Marten

Open Yourself Up to Receiving



Support Network Wheel

The Support Network Wheel is a circular diagram with 10 segments, each representing a different aspect of a person's life. The segments are arranged in a circle, with a decorative red border. The segments are labeled as follows:

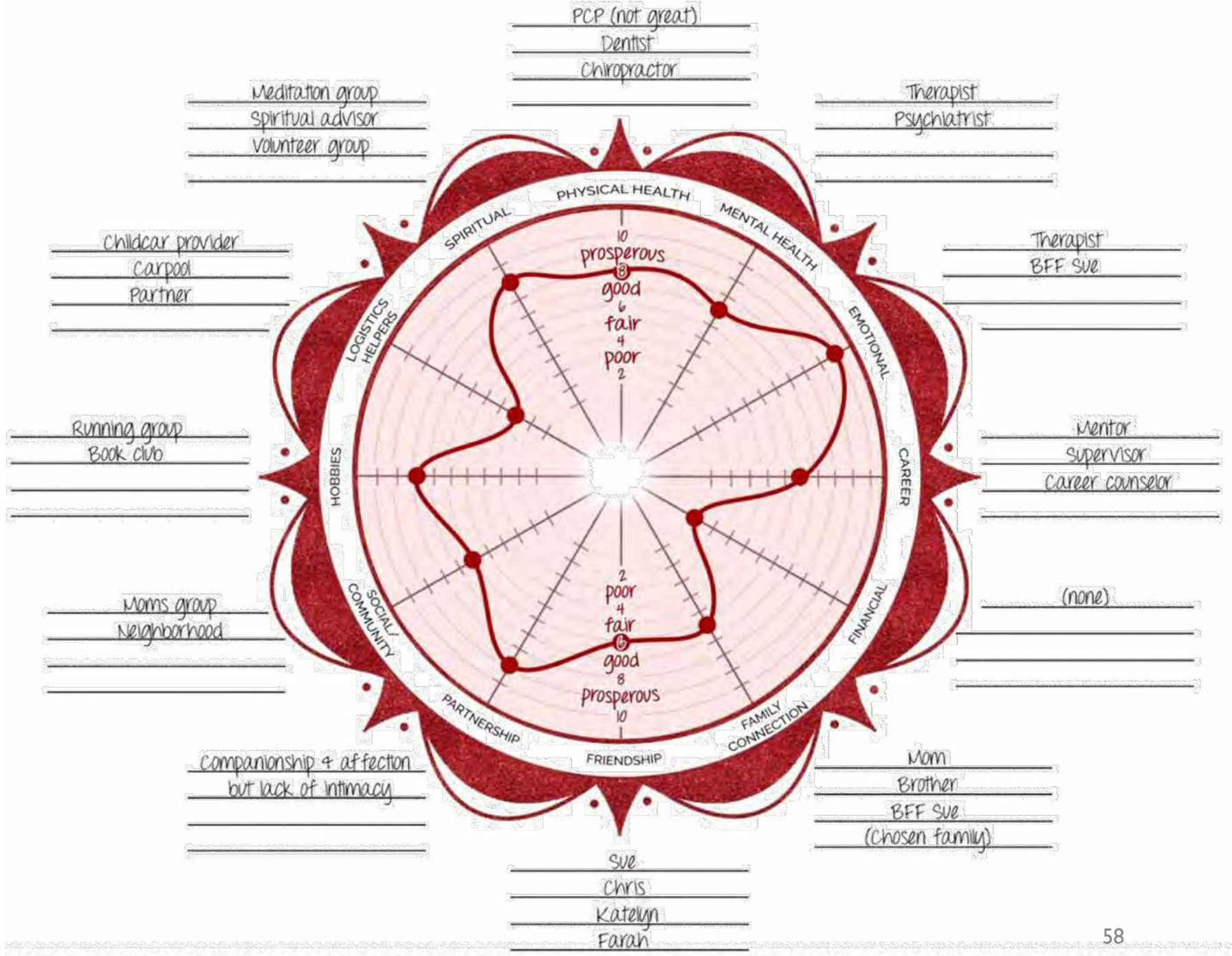
- PHYSICAL HEALTH
- MENTAL HEALTH
- EMOTIONAL
- CAREER
- FINANCIAL
- FAMILY CONNECTION
- FRIENDSHIP
- PARTNERSHIP
- SOCIAL COMMUNITY
- HOBBIES
- LOGISTICS HELPERS
- SPIRITUAL

Each segment has a scale from 2 to 10, with corresponding qualitative labels:

- 2: poor
- 4: fair
- 6: good
- 8: prosperous
- 10: prosperous

The wheel is surrounded by a decorative red border with a scalloped edge. The entire diagram is set against a background of horizontal lines, suggesting a template for a worksheet or a form.

Sample Support Network Wheel





Create a Financial Board of Advisors

- Financial Planner
- Accountant
- Attorney
- Accountability Partner
- Counselor, Therapist or Coach
- Debtors Anonymous, Underearners

Anonymous, Spenders Anonymous

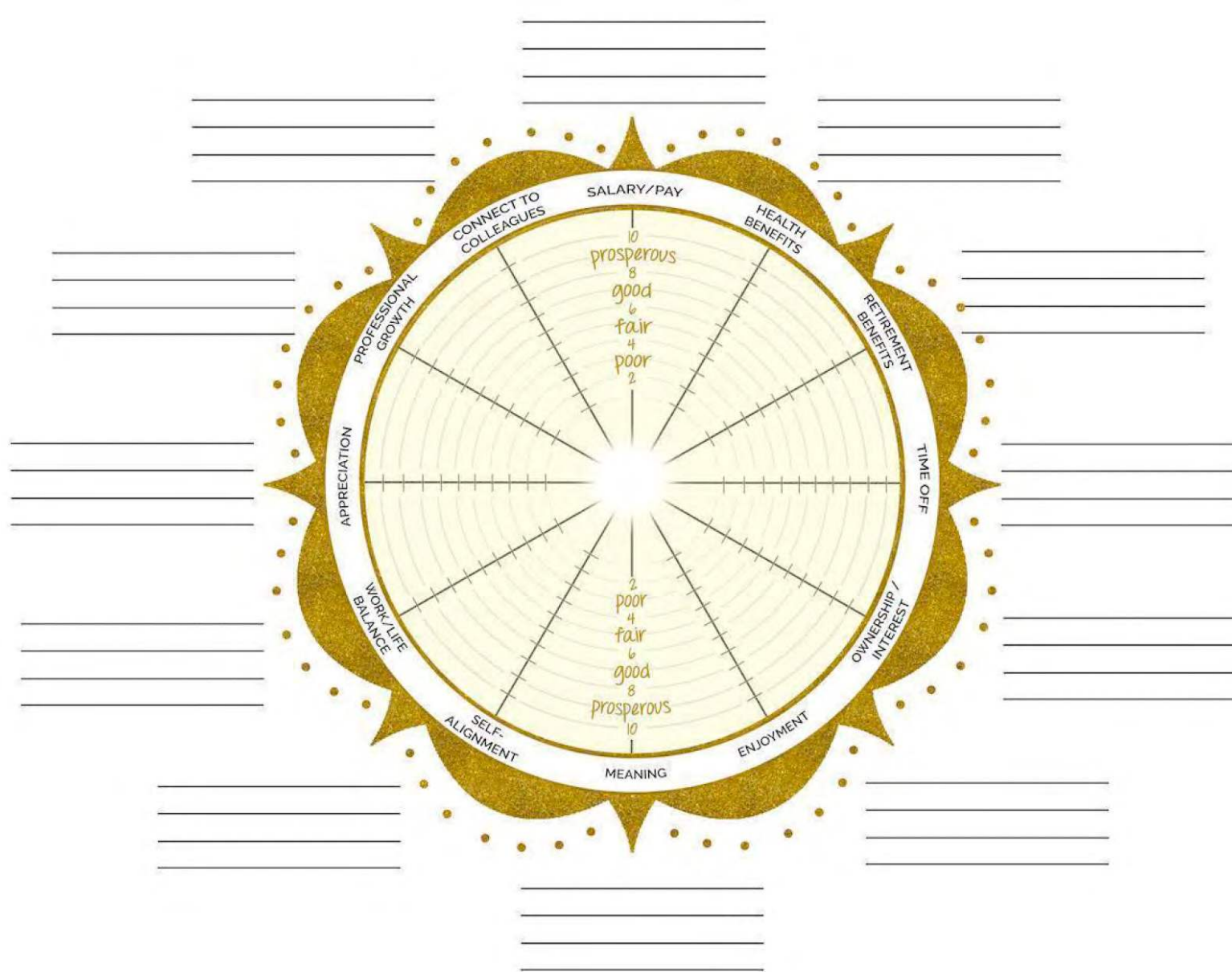
Joyce Marter

The Power of Negotiation

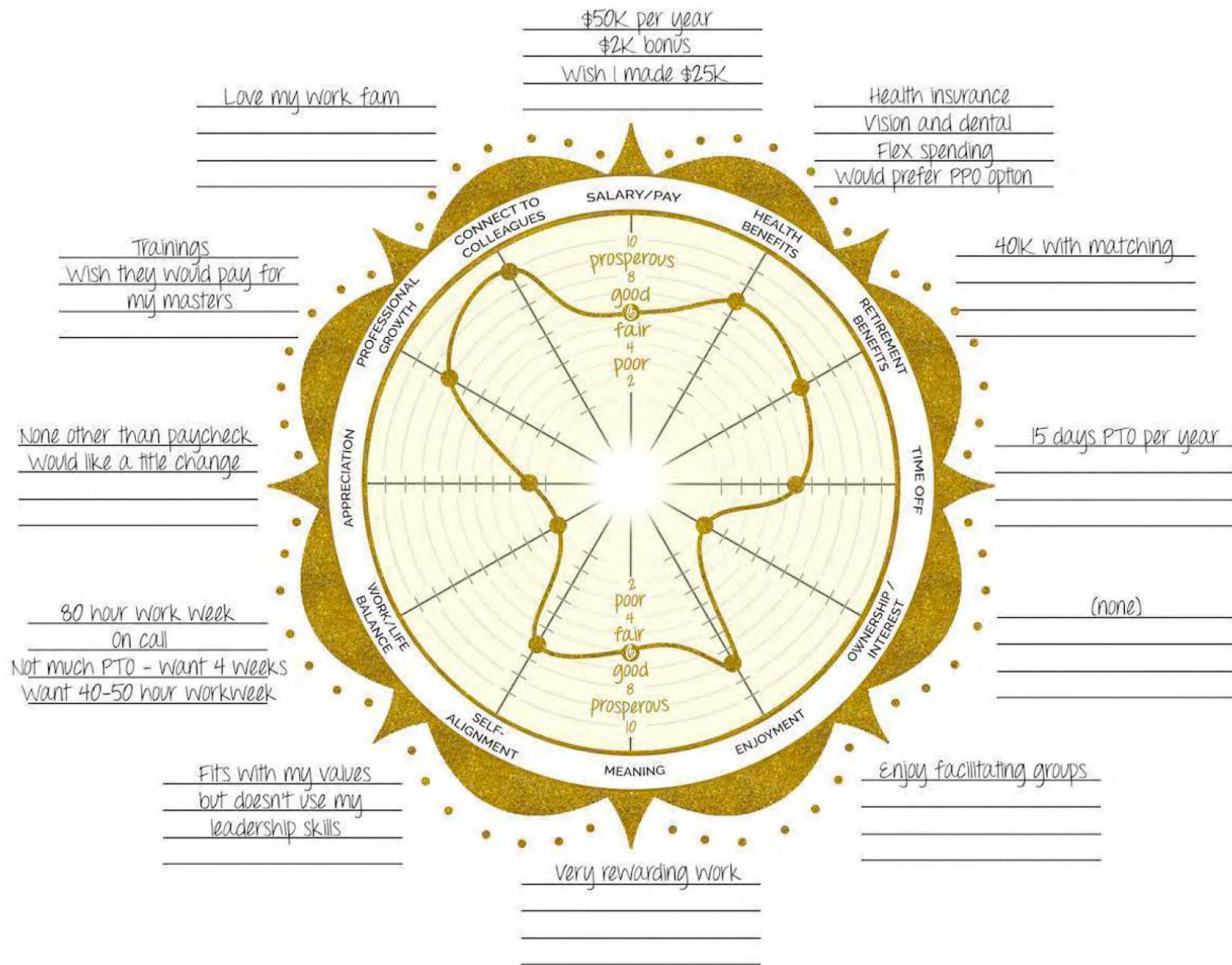
- Everything is negotiable:
 - Contracts with contractors and service providers
 - Leases
 - Purchases
- Ask for what you want, need & deserve
 - Pay increases
 - Benefits
 - Flexible schedule




Joyce Marter



The Work Satisfaction Wheel



The Work Satisfaction Wheel Example



“ Your professional success
is a direct reflection
of your ability to embrace
your unique gifts &
match them with a need
in the world.”

JM

JOYCE MARTER

PSYCHOTHERAPIST & SPEAKER

www.joyce-marter.com





Identify Possible Income Streams

- Speaking/training
- Blogging
- Private Practice (Telehealth companies)
- Teaching
- Supervising
- Side hustle

Joyce Marter

Vision

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





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

DR. JOYCE BROTHERS





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



FEATURED ON



weightwatchers
reimagined



Resilience is the ability to fully engage in life, recover from challenges, and increase the capacity to thrive in the future.

Joyce Marter





Self-Awareness
Compassion
Responsibility
Empowerment
Right Action
Abundance



*How Can
YOU
Spread the
Mental Wealth?*



Joyce Marter



Resources



<https://qrco.de/bcWZyu>



Thank You!

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