

Florida A&M University Minority and Retirement Security Program

Graduate Fellow

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Outline

- Six week financial literacy counseling program
- Literature review
- Financial and psychological stress and stress identification
- Mindfulness in spending and stress management
- Proposed mindfulness training program

Financial Literacy Counseling Program

- Money Smart Program Review
- Psychological stress and mindfulness in spending
- Stress reduction skills practice
- Budget development and entitlement
- Behavior modification-using reinforcement strategies to enhance budget adherence
- Financial security-decision making/delayed gratification

Financial Stress

- Individuals experience financial stress more frequently in young and middle adulthood when striving for advanced career goals and attempting to develop and maintain a career.
- Financial problems are expected to negatively influence personal development across a broad range of life domains.
- The investment appropriate control strategies might play a crucial role in determining adaptive and maladaptive adjustment and development

(Wrosch et. al, 2000)

Emotional Intelligence

- The ability to manage emotion-related issues encountered both in social and professional realms influence attitudes about money.
- Emotional Intelligence
 - Cognitive ability to identify, process, and manage emotions (Salovey and Mayer, 1990).
 - Alternative formulations of emotional intelligence include aspects self-actualization
 - Self-actualization has been found to tap a general achievement drive and a desire to work toward personal goals (Dawda & Hart, 2000)

Primary and Secondary Control

- Primary control
 - Attempting to change the external world so that it fits within personal needs and desires.
 - primary control striving are persistence in goal striving or the investment of time and effort if obstacles emerge.
- Secondary control
 - Targeted at the inner world and involves individuals' efforts to influence their own motivation, emotion, and mental representation (Rothbaum et al., 1982).
 - include positive reappraisal, downward comparison, attributional bias, or goal disengagement
- Primary and secondary control strategies are adaptive
 - enhance and protect individuals' resources for managing prospective development by using strategies of goal attainment, (Heckhausen & Schulz, 1995, 1999).

Stress Reduction Techniques: Mindfulness Meditation

- Mindfulness is the nonjudgmental observation of the ongoing stream of internal and external stimuli as they arise through the practice of meditation
 - mindfulness interventions may lead to reductions in pain, stress, anxiety, depressive relapse, and disordered eating (e.g., Kabat-Zinn, 1982; Kabat-Zinn et al., 1992; Kristeller & Hallett, 1999; Shapiro, Schwartz, & Bonner, 1998; Teasdale et al., 2000).

Mindfulness Meditation Major Components

- Mindfulness-based stress reduction (MBSR) program (Kabat-Zinn, 1982)
 - Developed for populations with a wide range of chronic pain and stress-related disorders.
 - Groups of up to 30 participants
 - practice in mindfulness meditation skills, together with discussion of stress, coping, and homework assignments
 - Body scan is a 45-min exercise in which attention is directed sequentially to numerous areas of the body while the participant is lying down with eyes closed
 - Participants instructed to sit in a relaxed and wakeful posture with eyes closed and to direct attention to the sensations of breathing
 - Yoga postures are used to teach mindfulness of bodily sensations during gentle movements and stretching.

Mindfulness Meditation

- Mindfulness-based cognitive therapy (MBCT)
(Segal, Williams, & Teasdale, 2002)
 - based largely on MBSR program.
 - incorporates elements of cognitive therapy that facilitate a detached or decentered view of one's thoughts

Mindfulness Meditation and Financial Management

- The purpose of mindfulness training is not to induce relaxation, but instead to teach nonjudgmental observation of current conditions
 - However the practice of mindfulness exercises may lead to relaxation
- Social psychological variables relevant to money management decision making can be influenced by mindfulness training
 - self-awareness about financial management
 - lower rates of materialism

Mindfulness Session (Tentative)

- **Financial Stress**
 - From research
 - From personal experience
- **Mindfulness**
 - Concept of mindfulness
 - Breathing exercise
 - UCLA Mindful Awareness Research Center
<http://marc.ucla.edu/body.cfm?id=22>
 - Breathing meditation
 - Body scan meditation
 - Meditation for dealing with difficulties

Mindfulness Session (Tentative)

- **Mindfulness in Spending**
 - Steps to spending consciously
 - Mindfulness in spending exercise (practice by having participants “purchase” some item with some “fake” money)
- **Mindfulness Handouts**
 - Spending Behavior Tracking Chart



Thank You

Questions?