



# Space From Money Worries

EN-US, EN-GB

One in four people with a mental health problem are also struggling with debt.

Using Cognitive Behavioral Therapy (CBT), The Space from Money Worries module has been designed to better manage the participant's relationship between financial difficulties and poor mental health.



## Skills and Strategies

Participants will develop an understanding of the relationship between their finances and their mental health, while learning to normalize their problems and reduce their shame and self-criticism. Using graded exposure, participants will be encouraged to face their fears and become more assertive and in control when it comes to managing their finances.

## Balanced Thoughts

Participants will learn how worry can further enhance anxiety and unhelpful financial behaviors. They will also learn to recognize real vs. hypothetical worries, and how to challenge negative thoughts and prevent impulse spending.

## Forging Ahead

Participants will develop techniques for lasting results to reduce the risk of impulsive spending and prevent a future relapse. Participants will also be guided to map out their support network to mitigate the impact of financial stresses on depression.

## Who Should Consider Taking This Module?

Those who are looking to gain tools to understand and manage the relationship between their financial stress and mental health, gain tools to improve financial behavior, and develop coping techniques to combat financial stress and depression.

## Cognitive Behavioral Therapy

With CBT, participants will better understand their thoughts, feelings, and behaviors and learn how to make positive changes—proven to reduce symptoms and better manage their mental health and wellbeing. Participants walk away with the tools to better manage their mental health now and in the future.



For more information contact

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\*Note, this is a module that can be unlocked by a coach, not a full program.



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