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Mind and Money: Connecting Mental Health and Financial Well-Being Webinar Additional Resources

Webinar Learn Page : https://oneop.org/learn/160019/

Narrative Writing: Reflective Writing Prompts

- What do I avoid when I discuss money?

- What won't I admit to myself about my financial management behavior?

- What do I do to excess in terms of spending money? Or managing money?

- How often do I think about money? When does it come up? What am I doing/feeling?

- What are my typical feelings and bodily sensations when I think about money?

- How aware am I of the affect finances have on my psychological, emotional, and physical health?

- How aware am I of the effect money has on my relationships? With partners? Family? Friends? Colleagues?

- What "unfinished business" from my childhood or past relationships may be affecting my current financial decisions

- What strengths do I have in negotiating my everyday financial decisions?

- What challenges do I have in negotiating my everyday financial decisions?

- Am I happy with my life, financially or otherwise? To what extent am I fulfilled? What changes can I make, or even want to make?

- What is my attitude to the "big questions" of life?

- How does my money and/or finances fit into my search for meaning? Do I want it to have this focus?

- How have I ignored or downplayed financial aspects of myself?

- Are there financial literacy areas that I believe I should further develop?

- Why have I been putting off learning or exploring new financial skills, areas, modalities?

- What are my self-defined aims for my finances?

- Can I accept myself regardless of how much I do or don't achieve financially?

Adapted from: Daniels, J., & Feltham, C. (2004). Reflective and therapeutic writing in counsellor training. *In Writing Cures* (pp. 199-206). Routledge.

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