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).
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?