

WORKSHOP 1: SUMMARY

In this section, we learned about what Money Basics is, the values and goals of this course, and what we will be learning throughout the next few weeks.

First, we brainstormed and recognized the subtle and pervasive thoughts, beliefs, and reactions we have towards money.

We began our discussion on how mental health and addiction challenges and financial difficulties impact one another, which will be continued in Module 8. Because financial stress can have an impact on our mental health and emotional wellbeing, we learned a few tips for practicing mindfulness and self-care.

We also learned about how poverty functions in the United States, how prevalent it is, and how it is intersectional. We discussed the meaning of important terms such as intersectionality, privilege, social justice, and equity.

We also learned about financial resilience, economic well-being, poverty guidelines, and living wages; and explored some of the ways to build our human capital. Lastly, we identified the financial areas that are most important for us to address and wrote down these goals so we can review them at the end of the course.