

Mindfulness & Stress Reduction

You can do several things to address financial stress and the toll it takes on your mental health, your relationships, and your quality of life. One of them is attending this economic empowerment course! Another is having honest and thoughtful conversations about money and financial stress with your partner, family, and friends. Another is making time for self-care.

Financial insecurity, such as being in debt or not having a steady income, can be highly stressful, as can opening up a new bank account or paying bills. Existing mental health challenges can exacerbate these stressors. By practicing self-care and mindfulness, you can work to lessen some of the stress you might feel in situations of economic insecurity.⁷

A few ways to practice mindfulness while on a budget:

- Make sure you are getting enough sleep.
- Spend some time each day, such as at the beginning of this class, taking deep, slow breaths to calm your nervous system and soothe anxious thoughts.
- Exercise.
- Go for a walk.
- Do yoga or stretching.
- Meditate. Many free meditation videos, websites, and apps are available (for example, apps like Headspace and Insight Timer, or guided meditations on Spotify or YouTube).
- Connect or reconnect with friends and family.
- Keep a journal. Write down what you're grateful for.
- Spend some time outside.
- Clean and organize your living space.
- Practice self-compassion and forgiveness.

⁷ Kelsey Borresen. "16 ways to practice self-care that cost next to nothing." *The Huffington Post*, February 13, 2020. https://www.huffpost.com/entry/cheap-self-care-practices-low-cost-budget_l_5e3b4ae0c5b6f1f57f0ababe