

The questions in the Student Guide are: *In what ways have mental health issues affected your financial situation? In what ways has your financial situation affected your mental health?*

Ask them to think about how financial stress and/or lived experience of poverty can impact one's physical health, mental health, and one's relationships with friends, family, and their partners. Encourage participants to think about how addiction and/or substance use challenges can affect a person's finances, and how poverty and financial insecurity can make it difficult to access recovery and treatment services.

Facilitators should do this activity with the participants, and should share some of their thoughts after everyone is done writing. Open up the space for sharing. If comfortable, facilitators can share personal stories and invite participants to do the same. Let the class know you will delve more into these topics in Workshop Eight.

#### **Teaching/ Discussion:**

Discuss the importance of mindfulness and self-care to help address financial stress. Ask the class: *why do you think self-care is important?*

Go through the tips for practicing mindfulness on a budget in the Student Guide and ask participants to share anything they do each day to take care of themselves. While one facilitator leads the discussion, the other can write down these self-care tips on the whiteboard or a shared document. For a more interactive option, you can ask participants to write their suggestions on Jam Board post-its and read them aloud when everyone's finished.

**Optional Activity:** following this discussion of mindfulness, facilitators may choose to begin each class with two or three deep breaths, a few minutes of stretching, or spending time writing down one thing each person is grateful for.

#### **Poverty, Intersectionality, Social Justice**

**Facilitator:**

**Suggested time:** 20-30 minutes

**Materials:** PowerPoint slides; Student Guides p. 14-20; whiteboard; Workshop One Handouts 1-5; YouTube videos (located in the Facilitator Toolkit)