

Ask them to respond to each question with a few words or phrases that describe how they feel about money. Examples could include words such as “broke,” or “necessity” or phrases such as “never enough” or “money can’t buy happiness.”

One option to make this activity more interactive is to ask participants to write these feeling words on the whiteboard or on sticky notes and stick them on pieces of poster paper around the room. If facilitating virtually (or if you want a paperless option), you can use Google’s Jam Board website, which will allow participants to add virtual post-it notes to a shared screen.

Once everyone’s words and phrases are on sticky notes or poster paper, ask the class to distinguish whether these are positive, negative, or neutral words. You can go through them one by one and categorize them as positive, negative, or neutral and why. While one facilitator guides this process, the other should be writing down what is said on the whiteboard.

Discussion:

After this discussion, ask participants to share any “feeling” words and thoughts that come to mind for *how they would like to feel* about money. Write down their answers and keep their responses to review at the end of the course. Let the participants know this is their starting point and that one of the goals of the course is to change the relationship people have with money.

Note: If comfortable, this is a good place for facilitators to begin sharing any personal stories and lived experiences having to do with financial challenges, economic insecurity, and mental health/addiction challenges, and money. This sharing can create a sense of community and shared lived experience among peers.

Mental Health/Addiction & Money; Mindfulness

Facilitator:

Suggested time: 15-20 minutes

Materials: PowerPoint slides; Student Guides p. 11-13; Workshop 1 worksheets; whiteboard

Activity:

Ask the participants to journal in the space provided in the Student Guide or Workshop 1 worksheets about their perspectives on poverty and the impact financial stress may have had on their lives and their mental health and/or addiction challenges.