Financial Wellness Brings Peace of Mind
Presented at Georgetown Training Institutes
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Objectives
- Introduce the Eight Dimensions of Wellness (SAMHSA) and understand impact
- Understand how personal finances cause stress
- How to take action
- Provide resources

“I don’t know a thing about the stock market…and if I did…I wouldn’t be here with you today”

- Johanna

Today Is...
- Looking at our individual pie
- Personal acceptance and satisfaction with where we are
- How our financial wellness affects our whole wellness
- What to do about it if it doesn’t feel good

The Straight Talk
- Open up and talk about it
- Trust in your relationships
- The $$$ talk, or lack there of, is hurting the rest of your wellness

Introduction to Your Presenter
Johanna Bergan
Advocate for Youth
Director of Member Services,
Youth MOVE National
Certified Health Coach
So are you where you want to be in your financial wellness slice? Guessing not, as you're here today!
Finances are hard
- Trust
- Communication

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- Dissatisfaction

Strategy Examples
Learning from Others
Debt Management
- What type of debt do we carry?
- What to pay first?

Free-For-All Spending
- I’ve got it, I’ll spend it
- Possessions matter attitude
- Look at WHY we do this

The Young Adult Experience
- “Holding the purse strings”
- Who’s in charge?
- How do we learn?
“I Don’t Know”
- Money can be complicated
- Earning, Spending, Saving
- Banking!
- All that paperwork...
- Where do I start?

Common Financial Intentions
- Emergency Fund
- Budget Creation
- Debt Management
- Retirement Savings

So What Works?
- Create an intention

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- Talk It Out

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- Identify Your Goal
- Stick To It

Budgets
So Many Options

Start Somewhere!

The Healthy Pyramid
- Needs: 50% of your take-home income (after taxes) goes towards needs like housing, transportation, food, childcare, insurance, and mandatory debt pay-down.
- Wants: 30% goes toward wants, the fun things that bring you joy.
- Saving: 20% is set aside for savings
Resources

SAMHSA 8 Dimensions

- National Wellness Week 2014 September 15 – 21
  [http://www.promoteacceptance.samhsa.gov/10by10/wellness_week.aspx](http://www.promoteacceptance.samhsa.gov/10by10/wellness_week.aspx)
- Take the Wellness Pledge from SAMHSA and get on the email distribution list
- Archived Session from SAMHSA: Springing into Wellness and Planting the Financial Wellness Seed

Finance for Young Adults

- “Telling Your Money What To Do: The Young Adult’s Guide”
- “Student Loans, For-Profit Colleges, and Traditional Colleges: Some Things You Should Know Before Borrowing”
  [http://www.pathwaysrtc.pdx.edu/pdf/pbForProfitCollegeFAQ.pdf](http://www.pathwaysrtc.pdx.edu/pdf/pbForProfitCollegeFAQ.pdf)
- “The Things People Never Told Me”
  [http://www.pathwaysrtc.pdx.edu/pdf/pro2-ThingsNOTOToldMe.pdf](http://www.pathwaysrtc.pdx.edu/pdf/pro2-ThingsNOTOToldMe.pdf)
- “I Know Where I’m Going (But Will My Cash Keep Up?)”

- LearnVest
  LearnVest’s mission is “to empower people everywhere to take control of their personal finances so that they can afford their dreams.”
  [http://www.learnvest.com](http://www.learnvest.com)

- USA.gov
  “Money and Taxes” financial resources

- Daily Worth
  Daily Worth is a community of women who talk money. We deliver practical tips, empowering ideas, and the occasional kick in the pants.
  [http://www.dailyworth.com](http://www.dailyworth.com)

- Dave Ramsey
  Sample budgets

- Manisha Thakor of Money Zen
  *E-newsletters are worth receiving!
  [www.moneyzen.com](http://www.moneyzen.com)

- Behavior Gap – Carl Richards
  *E-newsletters are worth receiving!
  [www.behaviorgap.com](http://www.behaviorgap.com)

Some Of My Favorite

And here’s to your WELL LIFE!

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