

Money on My Mind: Dealing with Anxiety



Session Date:
October 13th, 2025



Start and End Time:
10:00 AM – 11:00 AM EST



Location:
Big Marker

REGISTER HERE

Financial management can be overwhelming, especially during periods of economic uncertainty when fears about debt, fluctuating incomes, and rising expenses often dominate.

This session provides a supportive and practical framework for addressing financial anxiety and overcoming the paralysis it can create. Participants will learn to take control of their finances through actionable strategies, such as reducing discretionary spending, optimizing energy use, and managing debt more effectively. Beyond these practical tips, the session will also emphasize setting realistic goals to foster long-term financial health and resilience.

Attendees will explore ways to shift their mindset, making it easier to approach financial challenges with clarity and confidence. By the end of the session, participants will be equipped with tools and techniques to navigate economic uncertainty, regain a sense of stability, and build a more secure financial future.

Learning Outcomes:

- **Understand the Difference Between Anxiety, Worry, and Stress,** Recognize how each affects financial wellbeing, decision-making, and long-term planning.
- **Apply Practical Thinking to Reduce Financial Overwhelm,** Learn strategies to manage anxiety and stay grounded, allowing for clearer, more confident financial decisions.
- **Implement Ways to Increase Financial Stability,** Gain tools to build a secure financial foundation, including budgeting, saving, and managing debt amidst uncertainty.
- **Develop Resilience to Face Financial Challenges,** Explore techniques for staying positive and proactive when dealing with financial stress, fostering a mindset of long-term stability.