



# ILLUMINATED

a quarterly newsletter

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**Money is complicated.** To improve your financial wellbeing, "read a book about the stock market!", "make a better budget!", and "work a little harder!", they say. Of course, it's not so simple. **Our financial habits are deeply influenced by psychological factors**—how our parents handled finances, our own narratives about our self-worth, our socialized gender roles, our past experiences with financial debt and surplus, and the ways in which we navigate themes like control, power, and success. This issue of *Illuminated* presents three resources that explore the **intersection between money and mental health**. Enjoy.

Warmly,

Dr. Jenna Schleien

Clinical Psychologist & Founder, Lumina Psychology



Talking about money might make you cry -

"Everybody has feelings about money (and everybody thinks they're weird for having feelings about money)," writes [Cole Yaverbaum](#), Brooklyn-based Certified Financial Paraplanner. Our relationship with money is just that—a relationship, and one that can be particularly complicated for women. In fact, 60% of women would rather talk about their own deaths than money. Cole shares three lessons she has learned from the millennial women she has helped achieve greater financial empowerment and success.

read

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## What's your "money story"? -

Our relationship with money is largely influenced by the explicit and implicit lessons we learned from our early caregivers. Accordingly, we have all developed a "money story" – the personal feelings, values, and beliefs we hold about money. This article by Big Think+ explores the concept of a "money story" and introduces four broad patterns that describe how we tend to relate to money: money avoidance, worship, vigilance, and status. As always, a deeper understanding of the factors that shape us (in this case, financially) can help us free ourselves to make healthier choices.

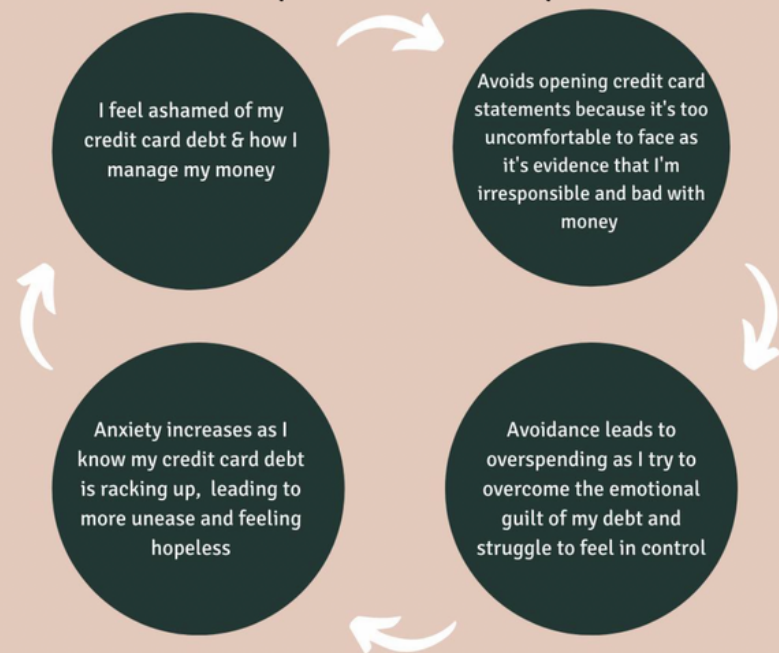
read

## More money (avoidance), more problems? -

My credit card statement? I don't know her. Some of us feel so stressed, overwhelmed, or ashamed by our finances that we avoid actively looking at our credit card statements and bank activity altogether. If that sounds like you, you may be deep into the money avoidance cycle – a cycle that's designed to be self-protective *and* comes with a host of negative consequences. Infographic (right) by self-proclaimed Millennial Money Coach Parween Mander illustrates this cycle. Click the link below to view more posts on her Instagram.

view

### Money Avoidance Cycle



follow: @parween.mander

A bonus, just for fun - A website of only rotating sandwiches? Yes, please. I'm hungry. Did someone awesome forward you this newsletter? Subscribe here. Do you have an idea for a featured resource? Write to me here under the Contact tab.

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