

## Week 2: Money, Food and Emotions

Time Needed	Materials Needed	Set-Up Needed
30 minutes	Money/Food and Emotions Handout	N/A
Task, Content, Rational Aim	Background, Givens, Focus	Group, Mood, Experiential Aim
Explore the relationship between their emotions, food and money	There is a need to understand the feelings and emotions that food and money generate in order to help them deal with financial issues and emotions that individual face.	At beginning of exercise many will feel stress or other painful emotions; aim is to change to a more positive mood by end of exercise
Topic	Procedural Steps/Activities/Key Points to be made	
<b>Introduction</b>	There is an aspect of finances and healthy eating not often addressed – the psychology of money and healthy eating. We have talked about <b>Beliefs and Management Learned as a Child</b> . Now we will talk about Money, Food and Emotions	
<b>Discussion</b>	Many of us let emotions control our eating and spending decisions. We often allow our mood to determine what/ how much we eat and how much we spend. Sometimes we eat or spend because we are in a good mood or sometimes it's because we're in a bad or pity party mood; depressed or tired. If you stress about food or money, you are not alone. A significant number of Americans are overweight or unhealthy and/or are deeply in debt due to emotional spending. We want to better understand the connections to our emotions, food and money so that we can make plans in our personal lives to take control.	
<b>Activity</b>	<p><b>Activity 1:</b> Turn to the Money, Food and Emotions worksheet; ask the class to complete the Worksheet. (1) How do you feel about money/food and (2) How would you like to feel about money/food?</p> <p><b>Activity 2:</b> Mantra: Once they identified their emotions of what they want to feel, ask them to take that emotion they want to feel and tell me how you can put into an intention, mantra. If you could make this into a statement to yourself, what would it be?</p> <p>Example from prior students: "The good I will write in the mountains, the bad I will write in the snow." "Only in a dictionary does success come before work."</p>	
<b>Debrief Group</b>	<p>Ask</p> <ul style="list-style-type: none"> <li>• What are some of the emotions you feel about money/food? Why do you believe that?</li> <li>• What are some emotions you want to feel about money/food?</li> <li>• What actions can you take to feel that emotion?</li> <li>• What can you do differently?</li> <li>• What are some of the cultural messages that may be impacting our emotions around food and /or money?</li> </ul>	