



1

Rising Stress Levels

"We are facing a national mental health crisis that could yield serious health and social consequences for years to come."
—American Psychological Association (2020)

2

Agenda

- 1 Define wellness concepts and how each contribute to holistic health
- 2 Identify influencers of financial behaviors
- 3 Assess the effects of financial behaviors on emotional, mental, and physical well-being

3

Defining Wellness



4

Defining Wellness



What does “wellness”
mean to you?

5 Higher Education Financial Wellness Summit 2021 attigo.com

5

Health, Wellness, and Well-Being

Health—a physical, mental, emotional,
and financial state of being

6 Higher Education Financial Wellness Summit 2021 attigo.com

6

Health, Wellness, and Well-Being

Wellness—the active pursuit of activities, choices, and lifestyles that lead to a state of holistic health

Source: Global Wellness Institute

7 Higher Education Financial Wellness Summit 2021

attigo.com

7

Health, Wellness, and Well-Being

Well-being—holistic health experienced or perceived at any given moment

8 Higher Education Financial Wellness Summit 2021

attigo.com

8

Dimensions of Wellness



9 Higher Education Financial Wellness Summit 2021

attigo.com

9

Identifying Influencers of Financial Behaviors



10

Money Associations



Share words or phrases that you associate with money

11 Higher Education Financial Wellness Summit 2021

attigo.com

11

Money Associations



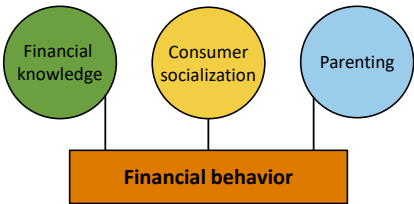
Where do these money associations come from?

12 Higher Education Financial Wellness Summit 2021

attigo.com

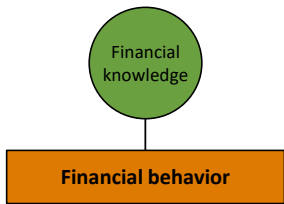
12

Financial Behavior Influences



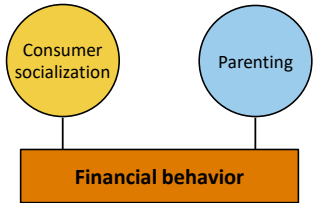
13

Financial Behavior Influences



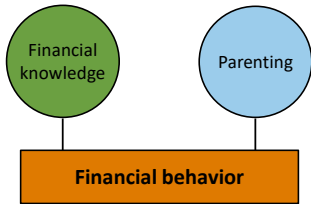
14

Financial Behavior Influences



15

Financial Behavior Influences



16 Higher Education Financial Wellness Summit 2021

attigo.com

16

Parental Influences



Source: Personal Capital Advisors Corporation

17 Higher Education Financial Wellness Summit 2021

attigo.com

17

Unintended Parental Messages

1. Not discussing money
2. Condemning money
3. Indulgent parenting*
 - Material
 - Relational
 - Behavioral
4. Overcompensating



*Source: Parental Indulgence: Profiles and Relations to College Students' Emotional and Behavioral Problems, Cai, M., Darling, C., Lucier-Green, M., Fincham, F., May, R., 2018.

18 Higher Education Financial Wellness Summit 2021

attigo.com

18

Unintended Parental Messages

5. Being excessively frugal
6. Arguments about money
7. Scarcity mentality
8. Distrust of money
9. Giving money out freely
10. Always swiping without an explanation



19

Assessing the Effects of Financial Behaviors



20

Financial Well-being

Financial well-being

One's ability to:

- 1) Fully meet current and outgoing financial obligations
- 2) Feel secure in one's financial future
- 3) Make choices that allows one to enjoy life

21

Financial Well-being



Source: Consumer Financial Protection Bureau

22 Higher Education Financial Wellness Summit 2021

attigo.com

22

Financial Behaviors



Share positive financial behaviors that student should adopt?

23 Higher Education Financial Wellness Summit 2021

attigo.com

23

Positive Financial Behaviors

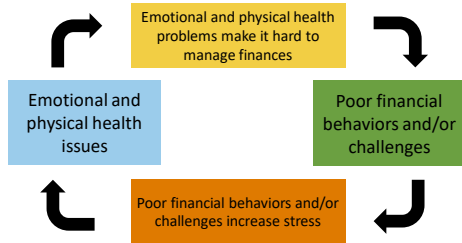
- Tracking expenses
- Spending within budget
- Reviewing bills for accuracy
- Paying bills on time
- Maintaining sufficient balances in bank account
- Saving regularly
- Setting money aside for emergencies
- Seeking reliable financial information
- Comparison shopping
- Paying off credit card balances in full each month
- Reviewing credit reports regularly
- Comparing offers before applying for credit

24 Higher Education Financial Wellness Summit 2021

attigo.com

24

Cycle of Financial Issues and Stress



Source: Money and Mental Health Policy

25 Higher Education Financial Wellness Summit 2021

attigo.com

25

Impact of Stress

Physical

- Aches and pains
- Nausea and dizziness
- Fatigue

Cognitive

- Memory problems
- Lack of concentration
- Poor judgment

Emotional

- Irritability
- Feeling overwhelmed
- Low morale

Behavioral

- Procrastination
- Sleeping or eating issues
- Alcohol or substance abuse

26 Higher Education Financial Wellness Summit 2021

attigo.com

26

Impact of Stress

“The human brain under (financial) stress is a lot like a tilted table. Anxiety, fear, and shame makes us feel off-balance, and the brain seeks out substances or behaviors that seem to repair or rebalance it, at least temporarily.”

—Brad Klontz & Ted Klontz,
Authors of Mind Over Money

27 Higher Education Financial Wellness Summit 2021

attigo.com

27

Students' Emotional and Mental Health

Problems or challenges experienced

Procrastination	77.3%
Academics	51.9%
Personal appearance	50.8%
Finances	47.2%

Problems or challenges that impacted negatively academic performance

Procrastination	48.8%
Finances	17.4%
Family	12.4%

28

Students' Emotional and Mental Health

Medical conditions that negatively impacted academic performance

Stress	45.2%
Anxiety	35.2%
Depression	26.4%

Overall stress level

No stress	1.2%
Low	16.6%
Moderate	49.2%
High	33.1%

29

Wrap Up



30

Holistic Financial Wellness

Share with students—

1. Positive financial behaviors that support financial well-being
2. Strategies for developing positive behaviors
3. Poor or undesirable financial behaviors and the consequences

31 Higher Education Financial Wellness Summit 2021

attigo.com

31

Holistic Financial Wellness

Share with students—

4. How financial problems can lead to stress and other health issues
5. Healthy ways to cope or manage stress

32 Higher Education Financial Wellness Summit 2021

attigo.com

32

Thanks for Attending

Visit attigo.com

© 2020 Assendium Education Group, Inc. All Rights Reserved.

33
