

WELCOME TO

# Healing for Financial Security

WEDNESDAY, APRIL 20, 2022  
6PM - 7:30 PM PST



Yuritzy from @yurtizy.gs



Soledad from @wealthparatodos



Illustration by Ericka Lugo

*We acknowledge the  
oppression our ancestors  
endured that prevented them  
from having access to  
financial resources  
AND acknowledge the gifts  
they passed down to help us  
dream & create the lives we  
desire.*

# Financial Disclaimer:

The material provided during this workshop should be used for informational purposes only and in no way should be relied upon for financial advice.

Please be sure to consult your own financial advisor when making decisions regarding your financial management.

# Therapy Disclaimer:

The information provided in this workshop is for educational and informational purposes only and solely as a self-help tool for your own use. The information provided is not a replacement for the therapeutic relationship in psychotherapy or the coaching relationship. The information is also not intended to replace medical advice.

Here's what  
you'll learn:



Grounding Exercises & Practices



Science of Stress & How Stress  
Impacts Your Money Decisions



The Value of Therapy &  
How to Pay for It





# *Grounding Exercise* *- Body Scan*

*Notice what is going on  
with your body and mind*

# Soledad's Therapy Journey

1998 – Isabela  
2005 – Bruno/Mirabel  
2018 – Luisa

*And then, everything changed.*

1998 – Messy & Authentic  
2005 – Acceptance & Pride  
2018 – Ask for Help/Delegate



BEFORE



HERE'S ME, AFTER I KEEP  
GOING TO THERAPY!



# The Science of Stress

## What is stress?

*The feeling of being overwhelmed or unable to cope with mental or emotional pressure*

## How stress shows up?

*It usually is triggered when we  
-experience something new/  
unexpected,*

***-are overwhelmed due to being  
unable to cope with mental or  
emotional pressure***

***- sense a perceived threat to our sense of  
self or our life***

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)



## Stress Hormones

*Brain perceives stressors and pumps adrenaline into the bloodstream which causes physical changes (heart rate ↑, muscles tighten, etc.), then cortisol gets released to keep all of that going until the "threat" is over.*

## Survival is the Goal

*Stress should be short-term in order to get you out of "harms" way or to push you to get something done. However, sometimes it shows up due to trauma triggers/ beliefs & stays causing both long-term emotional & physical problems.*

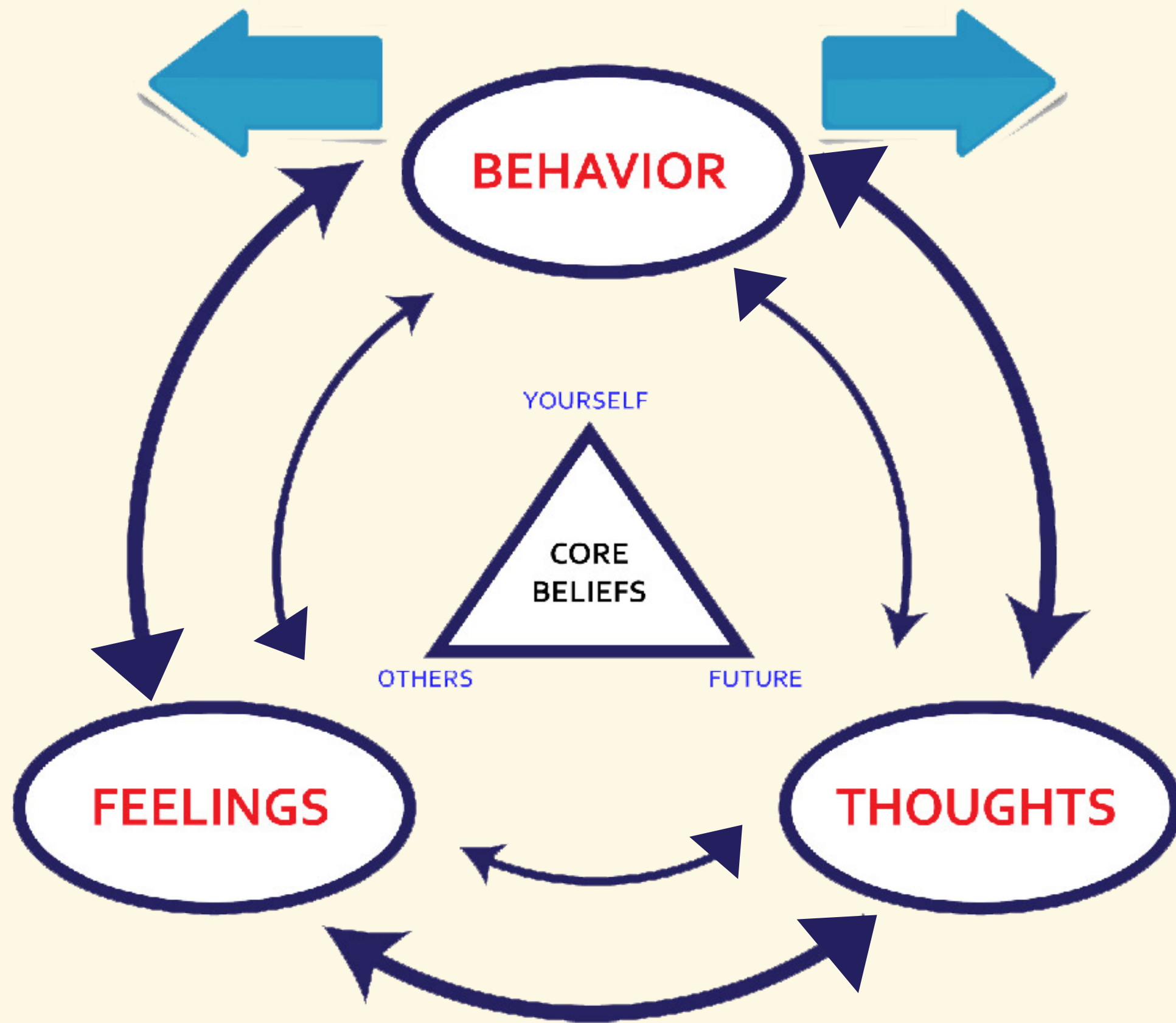
## Money Decisions when Stressed

- ✓ Can only list challenges to financial insecurity
- ✓ Strong sense of urgency, pessimism, & fear
- ✓ Shameful, critical, & judgemental about \$ decisions

## Money Decisions when Grounded

- ✗ Can brainstorm various paths to financial security
- ✗ Able to be patient, optimistic, & hopeful
- ✗ Compassionate, kind, & empathetic about \$ decisions





The financial stress of being **overwhelmed due to being unable to cope with mental or emotional pressure** can be developed due to thoughts, feelings, and behaviors that emerge regarding core beliefs about ourselves, others, the future, and the past.

Core Beliefs are created due to different lived experiences and outside influences via family, culture, society, media, etc.

Cognitive Behavior Triangle

## Shifting Thoughts

- Identifying a more helpful thought (i.e. The MODEL)
- Questioning the negative thought ("What if...")
- Separate yourself from your thought ("I'm having the thought that...")
- Does not work as well if you are too emotional/stressed

## Shifting Emotions/ Sensations

- Engaging in activities that provide a sense of happiness, calm, safety, especially paying attention to the 5 senses
- Deep breathing, movement, nature, connecting with others
- Calming emotions/sensations can help you shift thoughts easier

## Shifting Behavior

- Creating barriers that prevent you from following through with certain behaviors
- Replace one behavior with another that meets the same need/ desire
- Can cause more stress if the need for the behavior isn't met

These are all great approaches that can help you reduce your stress AND if you feel the need to deepen your healing journey sometimes you'll need more.



# Why go Deeper into Your Healing.

- When financial stressors arise due to **a sense of perceived threat to your sense of self or life**, it may be connected to trauma and a lack of feeling of safety
- Traumas, oppression, and other difficult life experiences often leave both a conscious and unconscious imprint in our brain and bodies making us react to certain things with more intensity (i.e. Not having enough money in our savings account feels deeply unsettling even though our thinking brain knows we're "ok.")
- Your body has to feel a sense of safety in order for it not to stress at the same level when certain situations arise (i.e. not meeting a certain financial goal) or to feel safe to do new things (i.e. rest, not overwork)



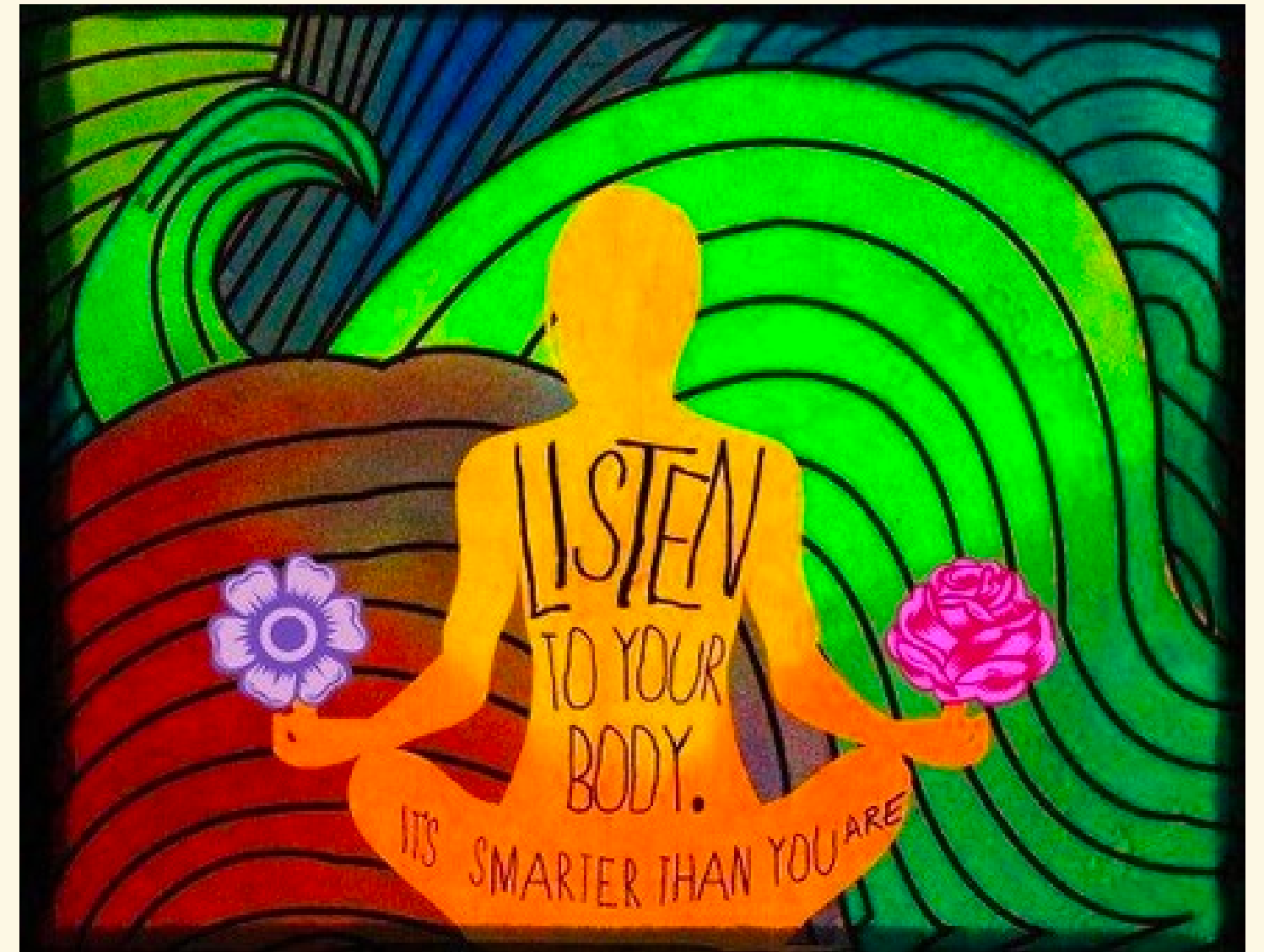


# How to go Deeper into Your Healing.

*"Healing is a **process**, often life-long, of re-establishing a sense of **safety**, regaining the feeling and practice of **agency** and declaring **purpose and meaning** beyond traumatic events."*

*- Prentis Hemphill (Somatic Practitioner & Founder of The Embodiment Institute)*

- Helping re-process traumas in addition to practices that help you feel safe and good can help you in healing
- There has to be a combination of approaches including interventions that recalibrate the nervous system (i.e. the body and subcortical/ unconscious parts of the brain) so it reduces the trigger fight/ flight/ freeze reactions
- It is recommended to work with therapists, coaches, or practitioners that can engage in somatic approaches, including: EMDR, Brainspotting, NARM, Somatic Experiencing, Sensorimotor Psychotherapy, Inner Relationship Focusing, Internal Family Systems, & MORE





# Paying for Therapy/Coaching

Tips When Looking for a Therapist: Good enough is good enough. Takes time to build trust and self-awareness. Talk therapy versus trauma-informed therapy.

1

Work with an  
in-network  
provider

2

Work with  
out-of-  
network  
provider

3

Pay for as a  
business  
expense

4

Pay  
completely  
out of pocket

Use HSA or FSA to get reimbursed



# Resources for Your Healing

- ✓ [latinxtherapy.com/find-a-therapist/](https://latinxtherapy.com/find-a-therapist/)
- ✓ [Insight Timer App](#)
- ✓ [Noom Mood App](#)
- ✓ [thetappingsolution.com](https://thetappingsolution.com)
- ✓ [Breathwork](#) and other Bodywork
- ✓ Walk and be in nature
- ✓ Engage in traditional ancestral practices
- ✓ [The Confidence Chronicles Podcast](#)
- ✓ ["The Body Keeps the Score" Book](#)
- ✓ "What Happened to You:  
Conversations on Trauma,  
Resilience and Healing" Book

FINANCIAL PLAN TO RETIRE EARLY

## *6-month Coaching* **Soledad**

✓ Calendly Link

✓ Clarity Call

REMOVE BLOCKS TO NEXT SELF

## *4-6 month Coaching*

# Yuritzy

✓ Dubsado Application

✓ Sales Call

*& Therapy (for CA residents only)*

✓ Latinx Therapy.  
Directory Request

# Let's Talk Dinero & Healing!



[SOLEDAD'S INTERVIEWS](#)

[YURTIZY'S INTERVIEWS](#)



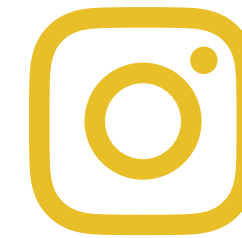
[SOLEDAD'S EMAIL LIST](#)

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The more of us talking dinero & healing the better!