



Desert Blooms: Nourishing Future Abundance Through Investment

Unveiling Invisible Financial Wounds within Tribal Communities

Tuesday, June 11th 2024

10:15-11:45am MT



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Margaret A. Cargill
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Today's Speakers

Lanalle Smith

Senior Programs Officer



Sayre Savage


Programs Officer



Money's Emotional Significance

Explore the intricate link between personal finances and emotional well-being.





Opening Prayer and Land Acknowledgement

Introductions

Get to know your neighbor

- Name
- Location
- Organization
- Tribal Community
- What interests you most about the relationship between finances and trauma





Container Exercise

Shared Understandings

- No judgement
- Release opinions and biases
- Challenge ourselves
- Confidentiality
- Open communication
- Take care of your body

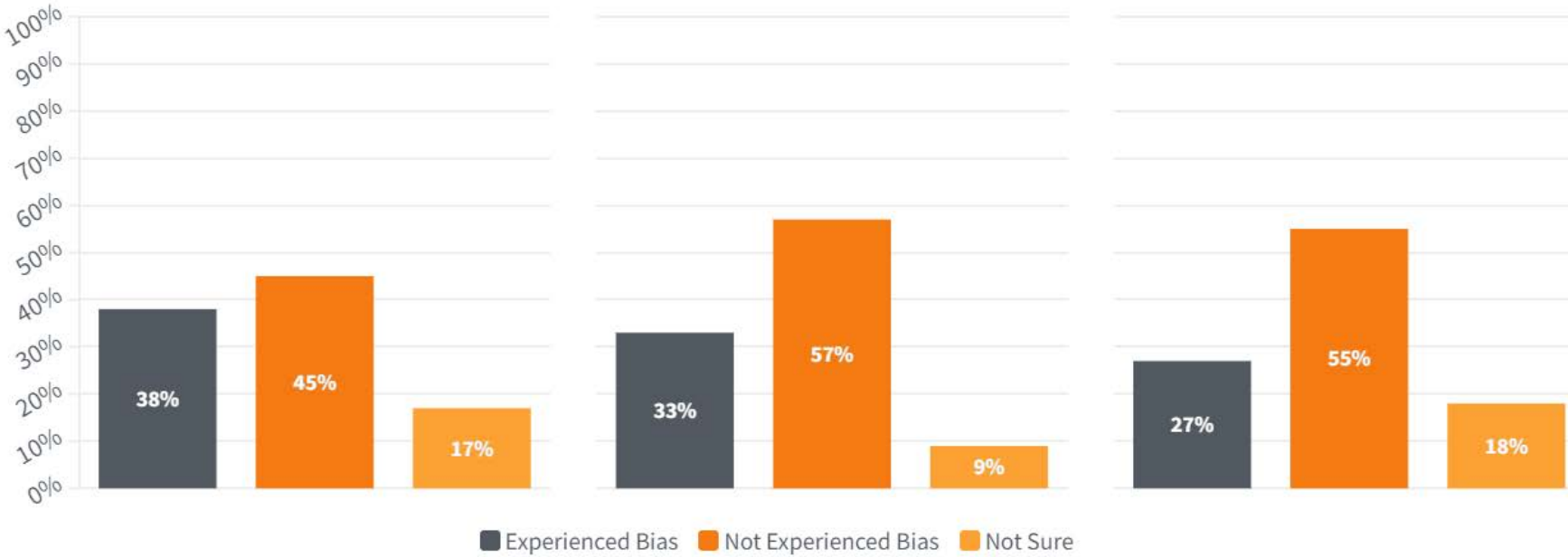


Self-Reported Quality of Financial Life by Experience of Bias

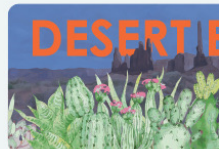
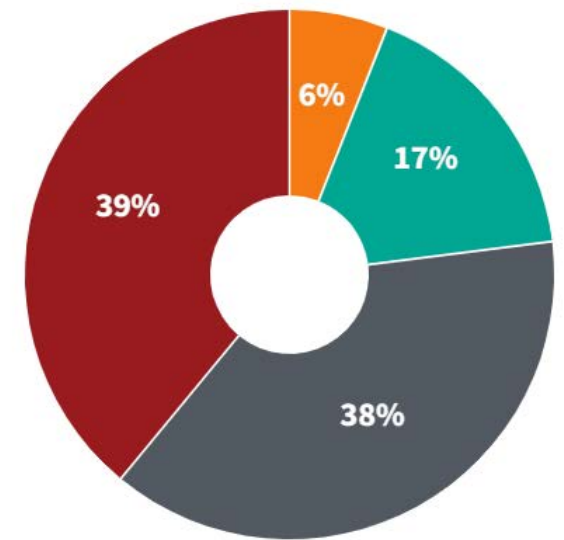
Worse than expected

About as expected

Better than expected



Self-Reported Quality of Financial Life



WHO CAN AFFORD TO SAVE FOR RETIREMENT?



Indigenous households are **4%** of total households and account for

3%

of RRSP/RPP contributions.



Racialized households are **17%** of total households and account for

16%

of RRSP/RPP contributions.



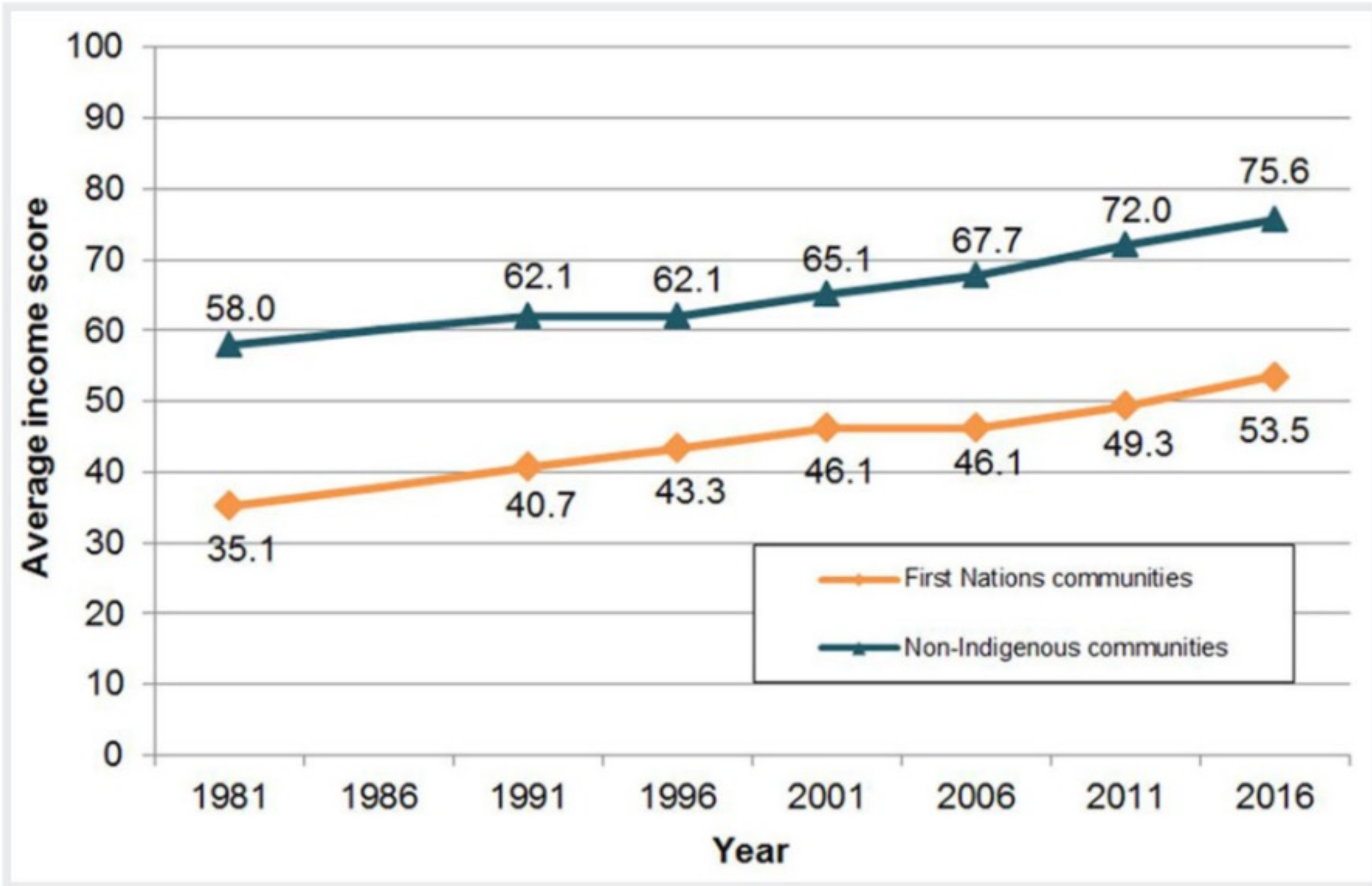
White households are **79%** of total households and account for

82%

of RRSP/RPP contributions.

@ccpa

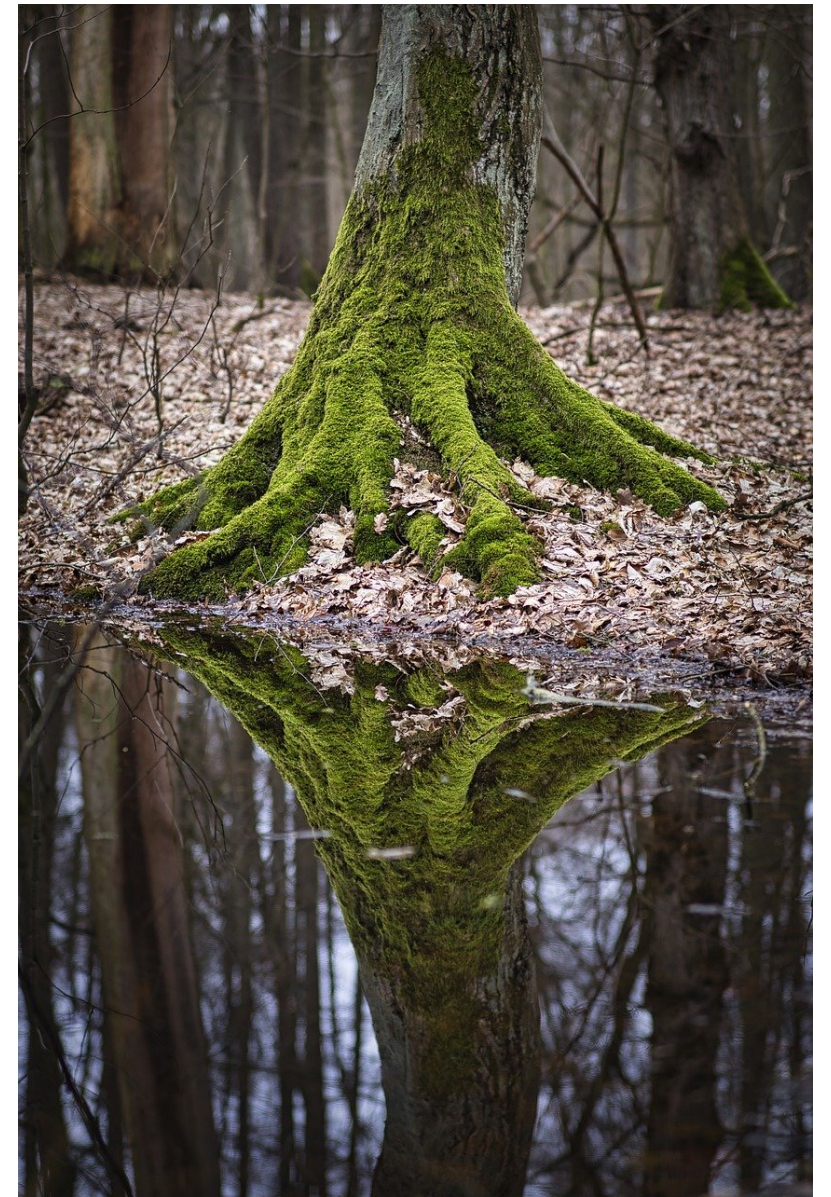




Source: Statistics Canada, Censuses of Population, 1981 to 2006, 2016 and National Household Survey, 2011.

- Interest Compounds
- Wealth Compounds
- Power Compounds
- Privilege Compounds

- Poverty Compounds
- Racism Compounds
- Disadvantage Compounds
- Oppression Compounds

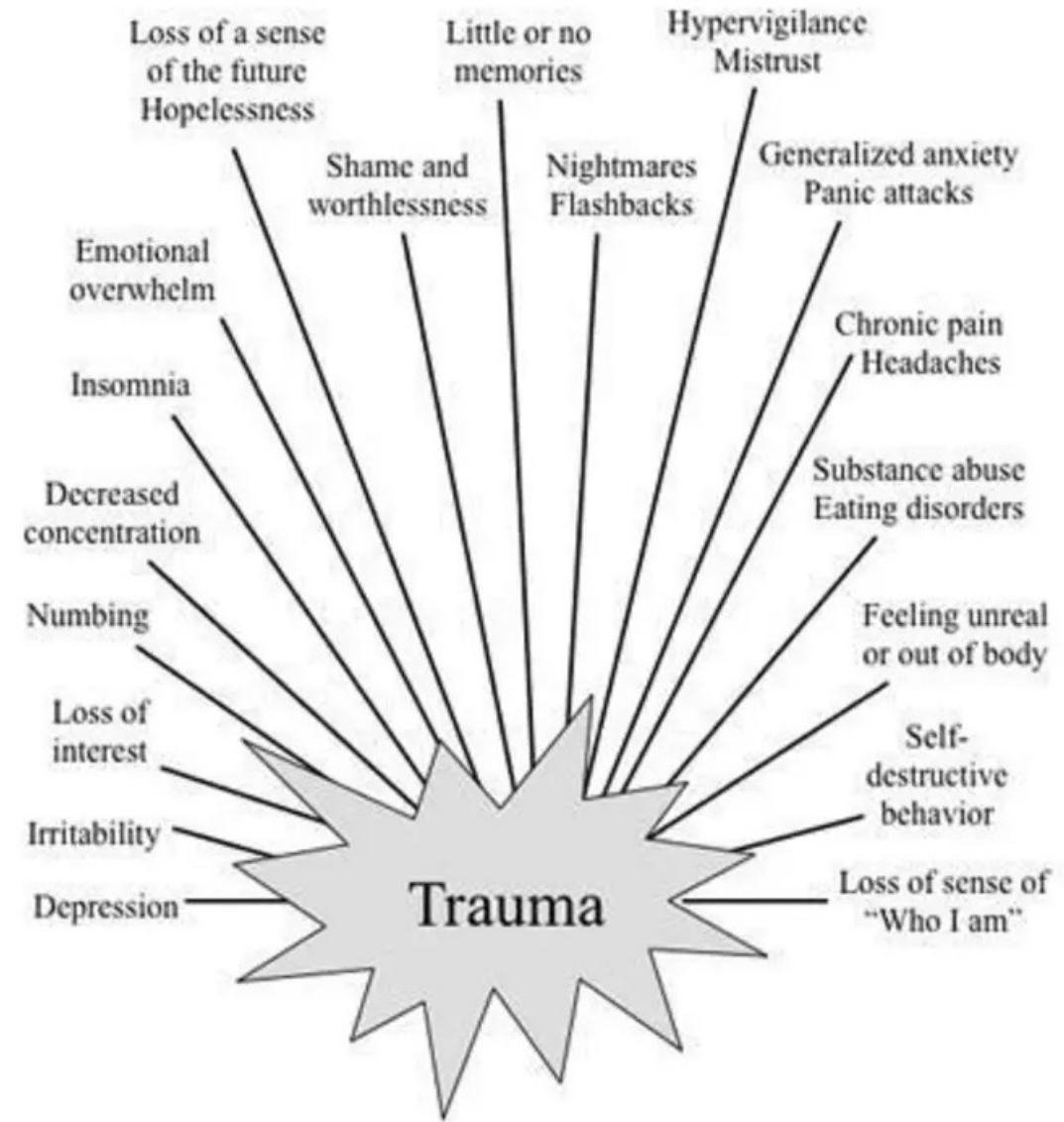


What is Trauma?

- Feelings
- Symptoms
- Physical responses



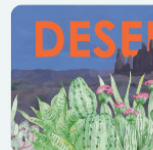
Behavioral Symptom Trauma



"Trauma survivors have symptoms instead of memories" [Harvey, 1990]

Adapted from Bremner & Marmar, 1998

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Behavioral Symptoms

Financial Trauma

| | |
|----------------------------------|---|
| Financial Avoidance | coping with stress by not thinking about money at all. This can be avoidance of bill paying, filing taxes, or following up with money owed to you |
| Overspending/Compulsive Spending | spending that is done as a way to avoid or soothe pain that results in negative consequences such as debt |
| Hoarding/Underspending | hoarding money or possessions and finding it very difficult to make decisions about either |
| Gambling | excessive and problematic gambling and risk taking when it comes to money |
| Workaholism | use work as a way to cope and escape emotional pain. Self-worth is connected to work and there are intense feelings of guilt when you are not working |
| Financial Dependence | dependent on family, friends, partners or government to take care of financial needs. Feel resentment towards people around money and giving |
| Financial Enabling | uses money to prioritize other people's comfort over your own. Example: undercharging, buying friends' dinners often when you can't afford it |
| Financial Infidelity | lying or hiding information about your financial situation with a partner. This can happen between romantic or business partners |

Answer the following questions for yourself:

- What behavioral symptoms show up most in your life?
 - What areas are they impacting?
 - What are you feeling when you default to this behavior?
- What would it feel like to turn down this behavioral symptom?
- What steps would help you in achieving your desired behavior?



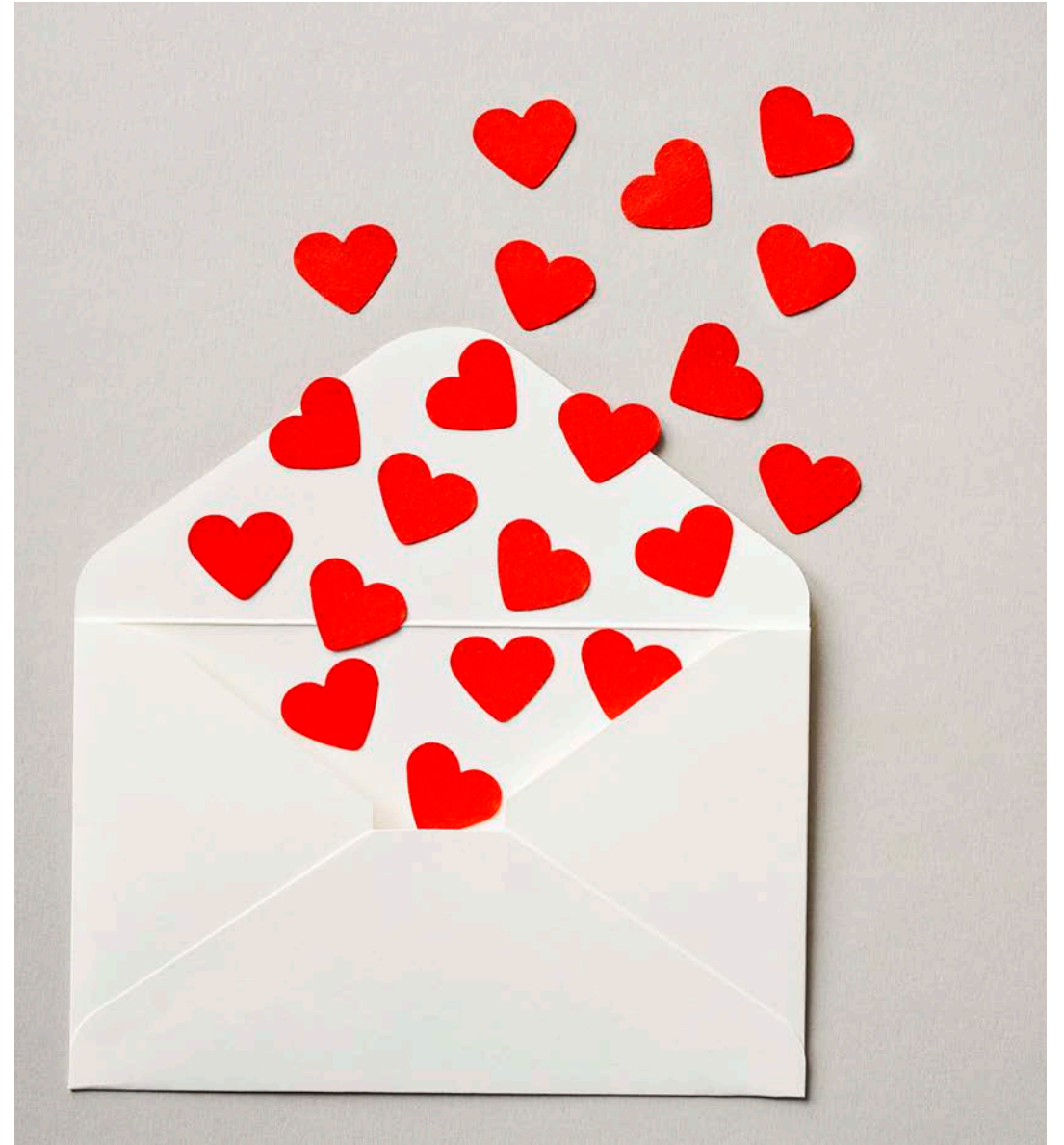
Dear Money



Write a letter to the personification of money

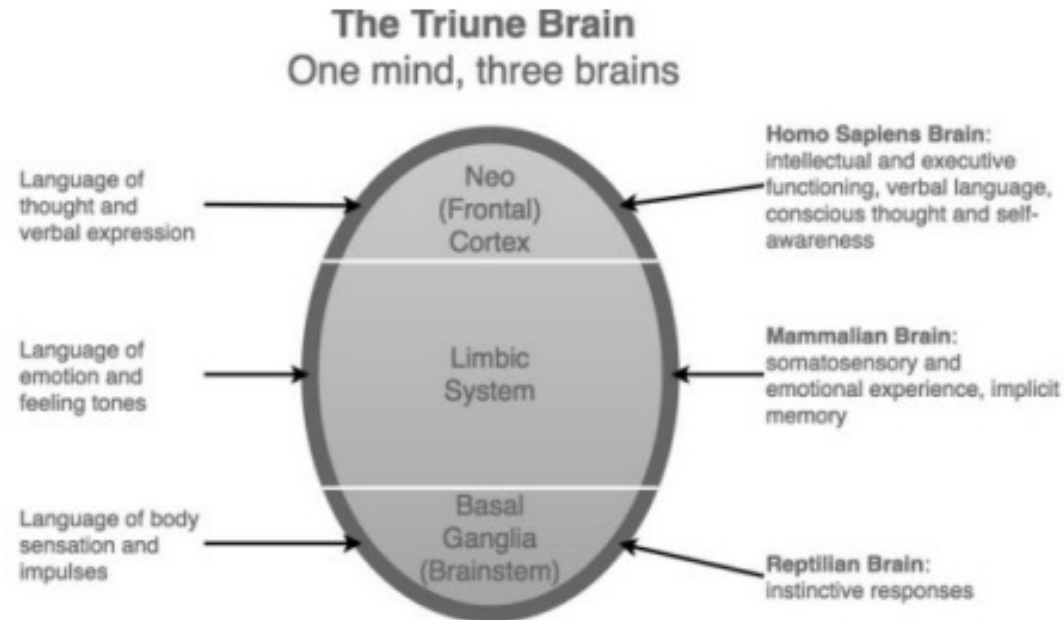
Debrief

- How does the letter make you feel?
- What would you like to change about your beliefs, thoughts or feelings towards money?
- What steps can you take to make those changes?



Understanding the Brain Helps Us Understand Trauma

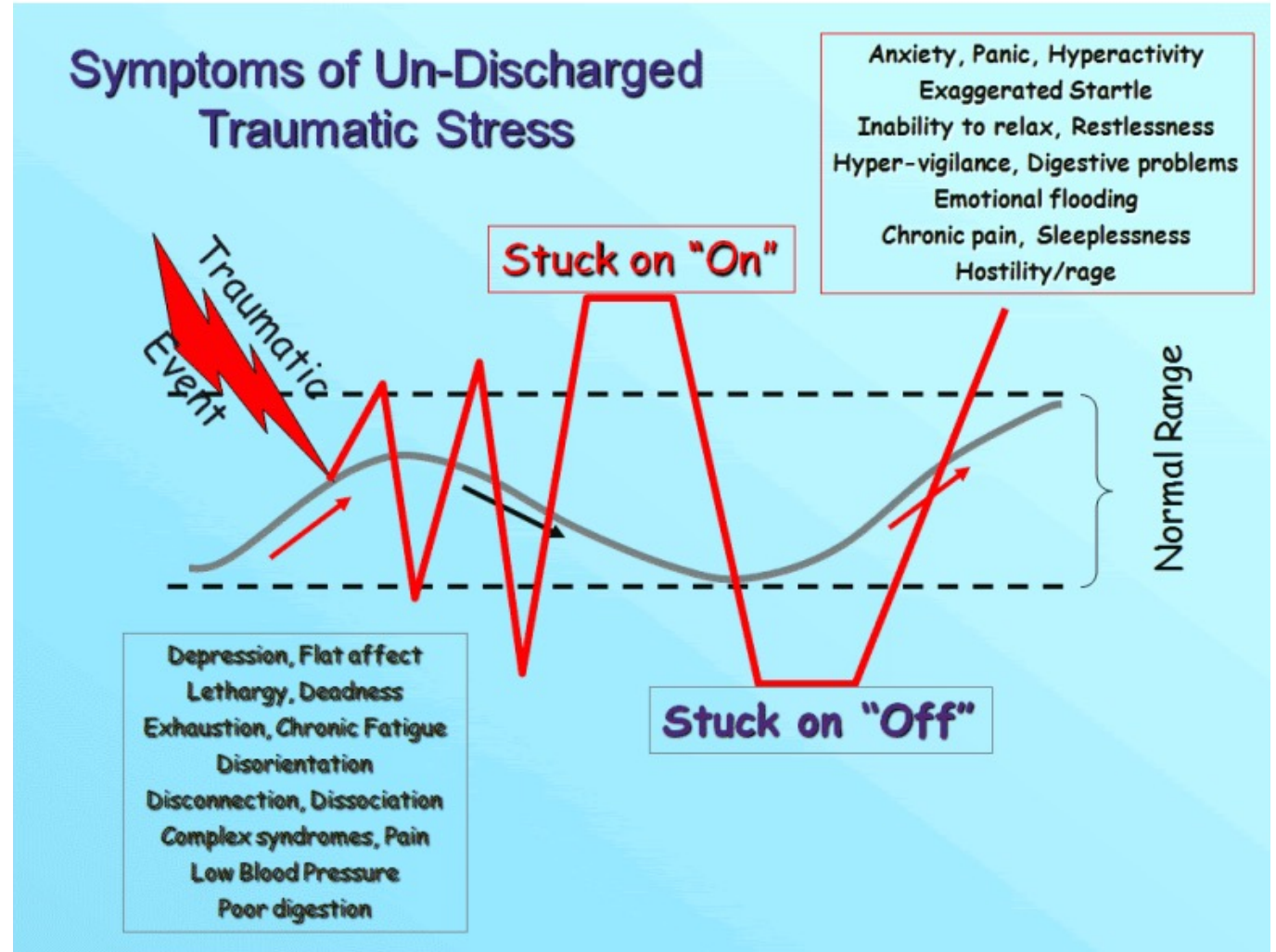
1 mind, 3 brains



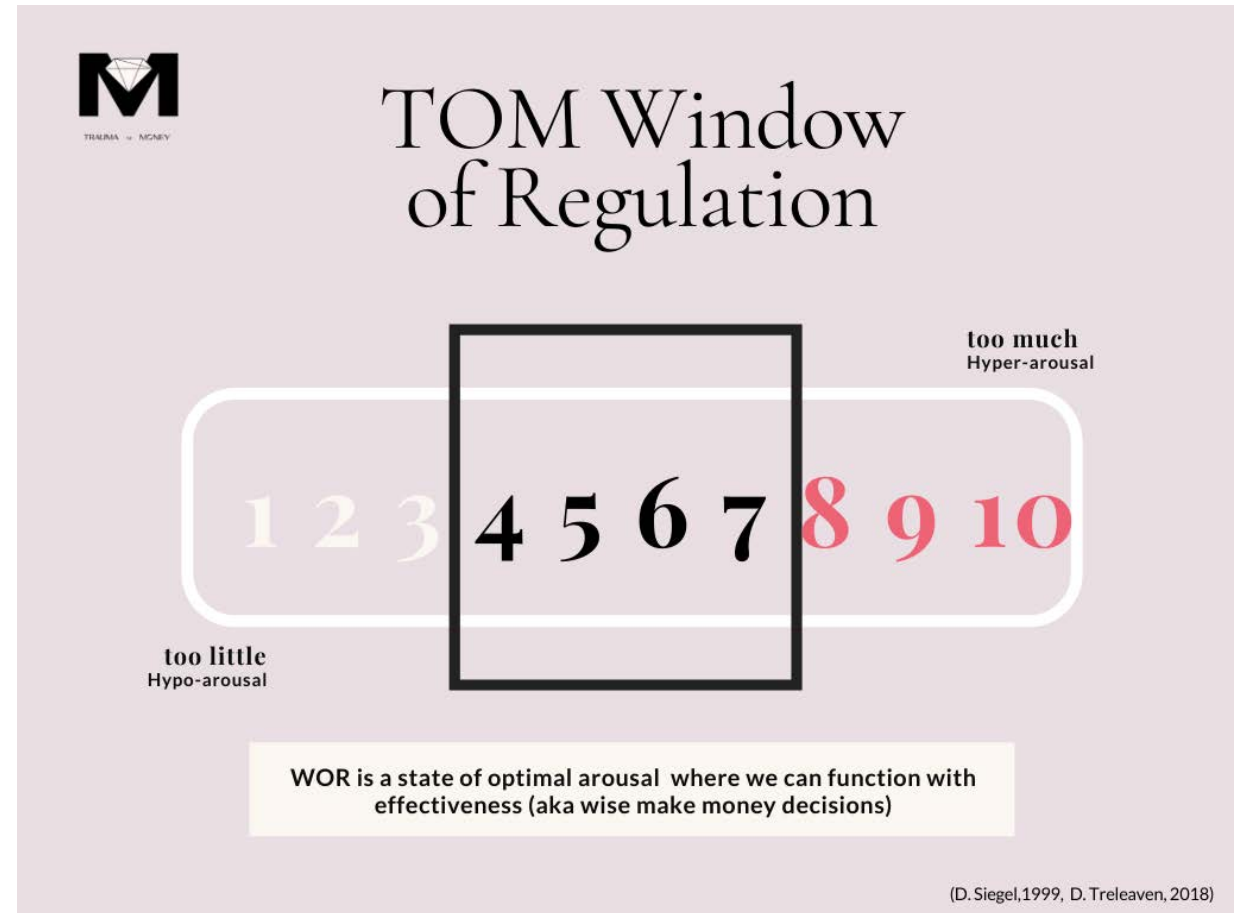
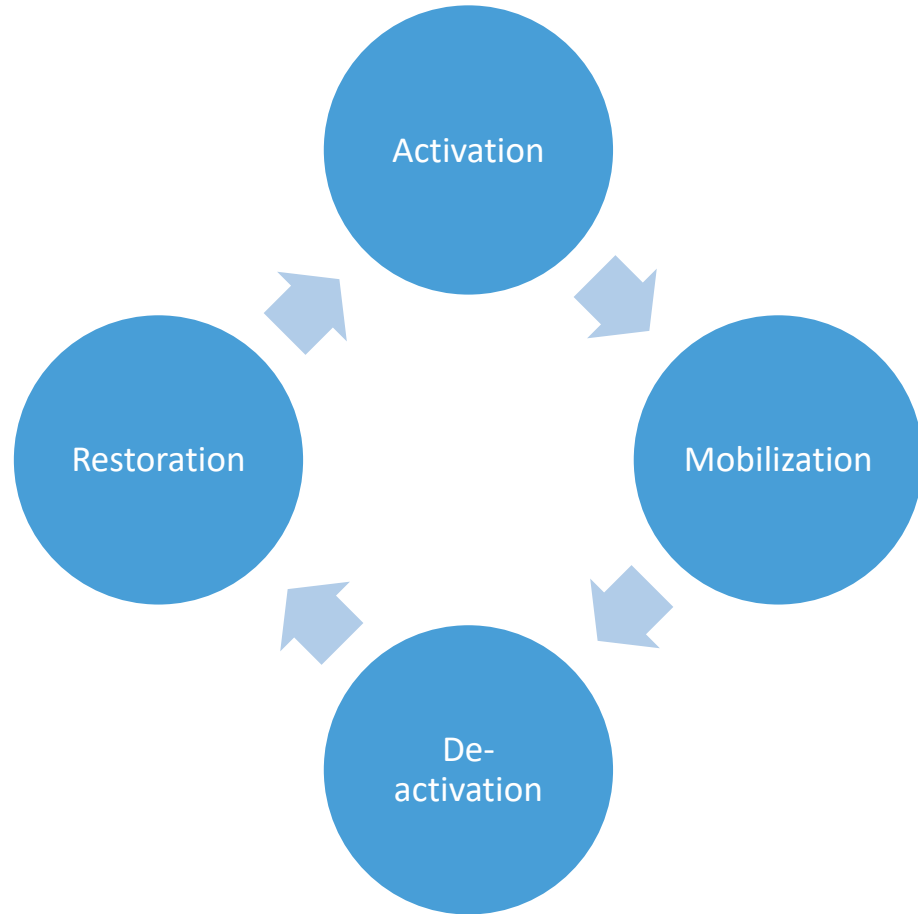
Understanding the Nervous System

We remember trauma less in words and more with feelings and our bodies

(Van der Kolk & Fisler, 1995)



Stress Response Cycle



Earliest Memory of Money

Take a moment to reflect on your earliest memory of money and answer the following questions:

What is the importance of this memory?

What details are in this memory?

How has this memory influenced your spending habits today?

What personal values come up in that memory?



Linking responses around money back to the nervous system and various coping strategies

- Somatic
- Artistic
- Spiritual
- Emotional
- Intellectual

- Material
- Psychological
- Nature
- Relational

Why is mindfulness so important?

- Awareness of thought, feelings, emotions, sensations
- Help to understand how to move out of a space of autopilot
- Learn to identify thoughts and contain/control certain emotions
- Create plans to respond to challenging moments
- Teaches us to better handle feelings of anxiety, depression, fears, etc.

Thank you

- **Lanalle Smith**

lanalle@oweesta.org

505.879.1852

- **Sayre Savage**

sayre@oweesta.org

207.217.1669

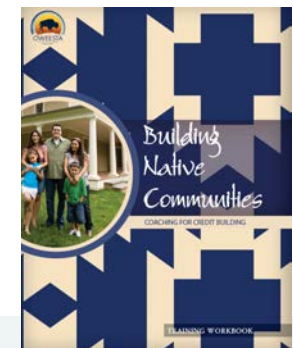


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