

UNDERSTANDING AUTISM

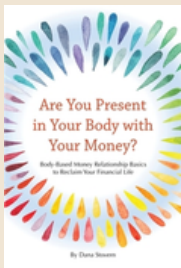
PODCAST

SEASON 2 EPISODE 58: MONEY & MINDFULNESS

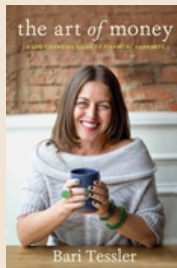
Dealing with our own personal finances can be stressful, especially to those on the spectrum. But are we thinking about money in a way that supports our mental health? In this episode, we discuss four books that explore the connection between our mental health and money.

SHOW NOTES

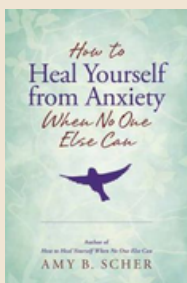
SEASON 2 EPISODE 58



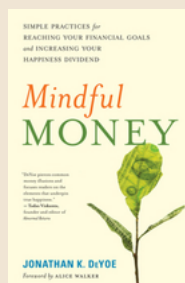
*Are You Present
in Your Body
with Money?*
by Dana Stovern



The Art of Money
by Bari Tessler



*How To Heal
Yourself From
Anxiety When
No One Else
Can*
by Amy Scher



Mindful Money
by Jonathan
DeYoe

Introduction

0:00-2:25

Stovern's View of Mindfulness & Money

2:25-13:43

- Definition
- Stovern's connection between money stressors and our survival instincts
- Stovern's 3 Somatic Zones
- The Aggressive Approach & Survival Reaction
- The process of changing out of survival mode or "gentling"

How Do We Approach Our Conversations Around Money? ("Date" vs. "Chore")

13:43-47:00

- Tessler's concept of a "money date"
- Nicole's approach of having a "money date" to help her mindset and mood around dealing with money issues
- Bret's use of money dates around SMART goals
- Using the concept of a "money date" with our autistic children and young adults

Mindfulness Exercises: The Body Scan

47:00-58:50

- The process and importance of deep breathing
- The Box Breathing method
- Our reflections of practicing Box Breathing
- Using yoga for practicing breathing techniques
 - 9 Breathing Exercises
 - Lion's Breath

Mindfulness Exercises: Conscious Bookkeeping

58:50-1:03:16

- Acceptance Commitment Therapy (ACT)
- 6 Core Processes of ACT Therapy
- Tessler's 3 Budgeting Tiers based on values clarification and committed action

Mindfulness Exercises: Releasing Stuck Emotions

1:03:16-1:30:40

- Scher's List of Unprocessed Emotions (see pages 120- 126 of her book)
- Understanding the framework of negative emotions
- Understanding the framework of positive emotions
- Using Emotional Freedom Tapping (EFT) & muscle testing to engage your body in stress relief
- "Holding your Wallet Exercise": a technique to help identify stress associated with money

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Mindfulness Exercises: Financial Gratitude 1:30:40-1:35:25 Journaling

- DeYoe's view of gratitude to limit overspending
- KWL model
- Focusing on the positive
- Celebrating your wins

Mindfulness Exercises: Money Koans 1:35:25-1:58:10

- Identifying a money problem as a "money riddle" that you explore over time
- Loosely based on the Zen Buddhist practice of meditating on a paradox, riddle, or puzzle in order to arrive at a solution
- Requires patience: Is this a challenge for those on the spectrum?
- Tessler: Money Koans are a way to frame financial challenges as invitations for personal growth rather than panic
- How to identify and write your own Money Koan (using Acceptance Commitment Therapy or ACT)
- "Sitting in the Unknown" phase
- How do you know when you have "solved" or have an answer to your Money Koan?

Closing 1:58:10-2:00:00

RESOURCES

["9 Beginner Friendly Yoga Breathing Techniques for Stress Relief and Better Health"](#)
([MyYogaTeacher.com](#))

["How To Practice Lion's Breath & Why It's Good For You"](#) ([CleavlandClinic.org](#))

["Managing Financial Stress"](#)
([iflexis.com.au](#))

VIDEOS

["Lion's Breath Demo"](#)
([YouTube.com](#))

["Financial Stress: Guided Meditation"](#) ([YouTube.com](#))

["Debt Anxiety: Guided Meditation"](#) ([YouTube.com](#))

["Job Loss: Guided Meditation"](#) ([YouTube.com](#))

["Jet Pens"](#) [YouTube.com](#)

