

Emotional & Health Consequences of Chronic Financial Strain

Lekeisha A. Sumner, PhD, ABPP
Clinical Psychologist

Objectives

- Learn about the impact of chronic financial strain on emotional & physical health
- Identify areas to monitor & modify to minimize the impact of financial strain
- Discuss strategies of cultivating and sustaining well-being

Speaker Background

- Clinical Psychologist (Ca #22662), Board-certified
 - Independent Practice, West Los Angeles
- Associate Professor
 - California School Of Professional Psychology
Alliant International University, Los Angeles
- Assistant Clinical Professor
 - Department Of Psychiatry & Biobehavioral Sciences,
David Geffen School Of Medicine, UCLA

Disclaimers

- No financial conflicts of interest to disclose
- Individual variation in the consequences of financial strain
- Information purposes only, not psychotherapy or treatment

Health & Financial Strain

“The greatest wealth is health”

- Virgil

Financial Strain: What Is it?

Stress, worry & doubt associated with financial ability, stability, loss, and one's future

FINANCIAL STRAIN & MORTGAGE DEFAULT

- Since 2008, foreclosure rates have soared
 - Recent data suggest that the situation is improving...slightly
- Mortgage default is a widespread problem
 - Considerable percentage of individuals redefault
- Financial strain contributes to health

MORTGAGE DEFAULT & FINANCIAL STRAIN

The reasons for default & redefault are multifactorial, multi-level & not fully understood

- Current economic crisis has contributed to:
 - Job insecurity
 - Increased interest rates
 - Increased debt load
 - Increased mortgage defaults
 - Housing instability
 - Disruption in retirement plans
 - Fear about future financial decision-making
 - Loss of trust in financial institutions

Financial Strain: Health & Well-being

Chronic financial strain disrupts several life domains & influences health & well-being

- Social
- Emotional
- Behaviors
- Physical Health

Financial Strain: Individual

- Pre-existing financial decision-making & financial health
- Life before the onset of financial crisis
- Major life changes:
 - Job loss
 - Illness
 - Changes in family structure
- Changes in self-portrait

Financial Strain: Emotional Distress

- Mood Changes
 - Depressive symptoms
 - Anxiety symptoms
 - Irritability
 - Anger
- Social isolation
- Shame
- Decreased self-esteem
- Feeling a lost of control
- Fear about future
- Changes in family & social roles

Financial Strain: Couples

- Decreased feelings of satisfaction
- Marital/Partner Discord
 - Changes in responsibilities
 - Increased hostility
- Depressive Symptoms
 - Both unemployed individual & partner
 - Reduced partner support

Financial Strain: Family

- Parenting
 - Sensitivity to needs of child
 - Patience, especially with behavioral problems
- Children
 - Experience increased behavioral problems
 - Changes in social & academic functioning
 - Blame parents for feelings of instability

Health

Health Behaviors

- Sleep
- Eating
- Sexual functioning
- Alcohol & Tobacco Use
- Physical movement

Health

Health Care

- Doctors appointments
- Prescription refills
- Emergency department visits

Financial Strain: What Can You Do?

1. Get anchored
2. Self Care
3. Take Inventory
4. Utilize support
5. Consider professional counseling

Financial Resources

- Center for Responsible Lending
<http://www.responsiblelending.org/>
- Wealth Management Financial Advisors, Inc.
www.wealthmanagementlb.com
- Help with My Bank
www.helpwithmybank.gov

Health & Emotional Resources

- Helplines for Emotional Support

Crisis Call Center: 1-800-273-8255

- American Psychological Association

www.apa.org

- Health Care

www.healthcare.gov

Webinar Sponsored By:

- Wealth Management Financial Advisors
www.wealthmanagementlb.com
- Theta Mu Omega Chapter, Alpha Kappa Alpha Sorority, Inc.

QUESTIONS?