



Studio News

MONEY & YOUR MENTAL HEALTH

Written by Keeley Clark

Well-being, the buzz word of the last few years. Never has wellness been so talked about. When I looked into the word “well-being” the synonyms that came up got me thinkingwelfare, health, good health, happiness, comfort, security, safety, protection, prosperity, profit, good, success, fortune, good fortune, advantage, interest, prosperousness, successfulness.

More often than not, when we think about our wellness we think about our mental and physical health. Very few of us think about our financial well-being. I’m not talking about having lots of money in the bank or being debt free, I’m referring to having a healthy attitude to money and feeling like you are in control of your finances.

I don’t know about you but I was brought up to not really talk about money, that it was crude to discuss how much or how little you have. But that’s not what financial wellness is about. Its about understanding your current financial situation and having a positive view on where its heading.

I read somewhere that 70% of people feel anxious about their finances. When we feel like we don’t have a handle on our finances our mental health is affected, which has a knock on effect on our physical health. When we are feeling stressed about money, we might make poor decisions around our spending or start to isolate ourselves from our friends and family. Luckily there’s help out there.

WHAT'S IN THIS MONTH'S ISSUE:

- Money & Your Mental Health
- Upcoming Events



Some forward thinking businesses are realising that this has an impact on their employees so are beginning to offer them tools and education to help give them the knowledge to take back the power over their financial situation.

Some companies are even offering hardship loans for their employees. Don't worry if something like this isn't available to you though, there are lots of other places you can go to get advice, like www.moneyhelper.org.uk or personal financial management blogs like Monevator or The Money Shed who give you tips and advice on creating a budget, smarter spends and basic tips on improving your approach to money.

Let's face it, managing our finances takes time and to be brutally honest it can be boring, but by investing that time your not only looking after your money your looking after your health.



3 Ways To Start Taking Back Control

- Work out how much you are spending each month, if you can get the whole family involved in this, even better. Discuss your budget and make an achievable plan. There are budget tracking apps, or a simple spreadsheet does the job just as well.



- Review your household bills and see if there's any savings to be had.



- Start having conversations about money. You'll soon realise you aren't alone and that people around you have made similar mistakes or have the same questions and fears that you do.

Upcoming Events



BLOSSOMING WITH BALTANE RETREAT

14th May 10:30 - 16:30
The Oak House x Louise Neicho

for more information visit www.theoak-house.co.uk

BLOSSOMING BALTANE RETREAT

EARLY BIRD OFFER ENDS 5TH FEB

The ancient Celtic fire festival of Beltane is all about fertility, abundance and celebrating the profusion of new life that is bursting forth everywhere.

The Earth energies are at their strongest and most active at this time and we can connect into this and welcome in the potential to see our deepest desires becoming reality. Join us in this special location, at this potent time of year

MINI SINGING RETREAT

FEBRUARY 4TH 13:30 - 16:30

"Singing for joy & connection not perfection"

Singing Mamas Choir CIC is a not-for-profit organisation specialising in Women's Singing Circles to improve connection, mental health and general well-being for all women - Mothers, Non-Mothers, Pregnant Women, Grandmas, Aunties, Elders, Young women - all Women who want to feel uplifted, and connected through singing together - and a cup of tea and cake of course

No experience required



MINI SINGING RETREAT

SATURDAY 4th FEBRUARY
The Oak House x Laura Cowan

for more information visit www.theoak-house.co.uk

FOR DETAILS ON THESE EVENTS OR OTHERS VISIT:

www.theoak-house.co.uk