“Yikes! How Far Can I Stretch My Money?”

Lunch and Learn Series
Presented by
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PARTS

- Plan
- Attitude
- Resources
- Techniques
- Self Care

*Take a minute and record ideas in each area for discussion!*
Plan

Know where your money goes! How do we do this?

- Have a **PLAN**
- Track for one month your income and debts—record **EVERYTHING**
- Build in Surprises or non routine expenses
- Build in miscellaneous, emergencies, entertainment
- Utilize external helpers (services, peers, EAP)
- Stick to the plan and track variances
- Know your interest rates on loans/credit cards
- Budget for the Holidays! Impulse buying is dangerous
- Shop with a list! Know sales and prices
Attitude

- Check your attitude—do you have an attitude of entitlement?
- Are you able to set and maintain limits for yourself?
- “Is this a want or a need?”
- Do you laugh at or learn from the frugalness of depression era survivors?
Resources

- Outline for a budget
- Financial Credit Counseling
- Financial Planners (they always encourage us to pay ourselves!)
- Buy in Bulk and/partner with someone while shopping in bulk
- Sign up for coupons (Groupon)
- Cut and Use Coupons
Techniques

- “My Momma told me, you better shop around!”
- Do your research—tell a salesperson and show ads; buy floor models
- Impulse vs. Thoughtful Purchases
- Credit Card “Protection”
- Check interest rates on credit cards—you can negotiate reduced rates at times
Techniques Continued

- Set Immediate and Long term financial goals
- Shared vision with spouse, partner and family
- Buy in Bulk (also important for emergency preparedness)
- Utilize PPI energy coaches and weatherize
- Maximize energy reduction and tax write offs
- Look at and purchase from sites like Overstock.com
Techniques Continued

- Cut and Use Coupons; organize and stock up on sale items
- Cooking tools: buy reduced price meat, cook and freeze, buy local farm markets
- Create a mentor/support group to share ideas over lunch
- Share recipes! Recreate leftovers into new meals
- Look at Clearance Racks and buy for next year
Self Care

- Elicit ideas and suggestions from peers on how they cut corners
- Build in perks or small rewards (ex. Dinner out, 25.00 shopping purchase, etc.
- Record and celebrate your successes
- Build in variances and room for surprises
- Seek free/cheap recreation---there are many free/near free activities
Who you gonna call?

Your EAP Counselors
At
Franco Psychological Associates, P.C.
243-1896