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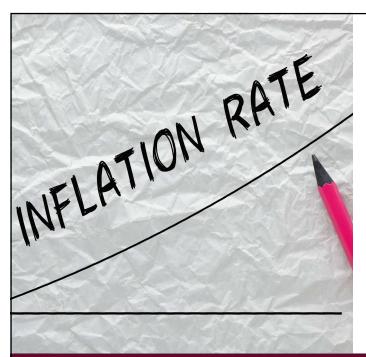
# **Living Well with Inflation**

**Building Resilience to Thrive & Grow in Inflationary Times** 

Dianne Christensen, MS NMSU Associate Professor Bernalillo County FCS Agent

The College of Agricultural, Consumer and Environmental Sciences is an engine for economic and community development in New Mexico, improving the lives of New Mexicans through academic, research, and Extension programs.

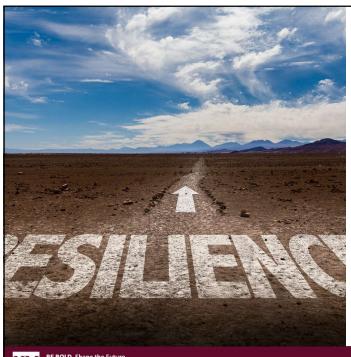
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# Inflation Stressors

With prices steadily rising, what are NEW stress triggers you are experiencing?





#### Resilience

The capacity to bounce back, survive, recover, and even THRIVE in the face of adversity.

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# **Types of Resilience**







**Mental** 



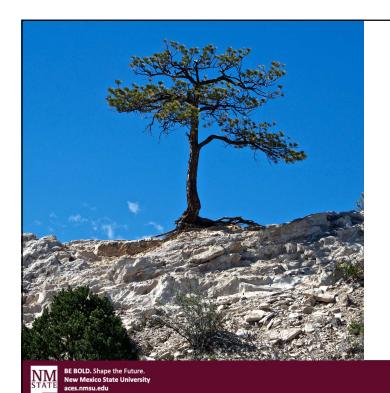
**Physical** 



**Financial** 

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# Resilience Skills

The tools to develop and build the capacity to bounce back, survive, recover, and even THRIVE in the face of adversity.

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#### **Emotional Tools**

Foster an attitude of happiness and contentment by building a daily habit of gratitude.

Learn to be content and live on less by adopting a simpler lifestyle.

Develop an attitude of abundance rather than scarcity.



### **Mental Tools**

Develop the mental toughness to see adversity as a path to build inner strength and fortitude.

Focus on what you can control and influence instead of what you cannot control.

Change your thinking to a positive mindset.



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# **Physical Tools**

Practice self-care and nurture by building healthy habits

- Eating
- Activity
- Sleep

Foster self efficacy by creating small realistic doable goals weekly



### **Financial Tools**

Track Spending
Cut Costs
Eliminate Debt
Create new streams of income
Build an Emergency Fund
Develop and Use Free Resources



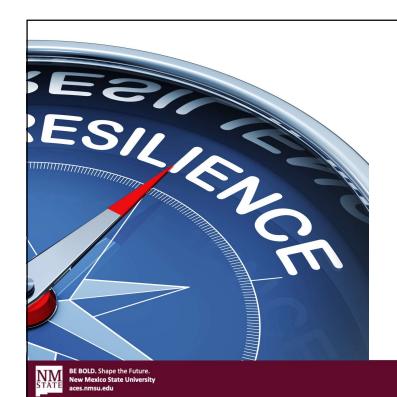
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Commitment is not "I'll try." Not "I really want to." It's "I have decided."

Oprah Winfrey





# Thank you!

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#### **NEXT WEEK!**

Discovering Spending Leaks and Ways to Stop Them