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Living Well with Inflation

Building Resilience to Thrive & Grow in Inflationary Times

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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?



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Resilience

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



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Types of Resilience



Emotional



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.



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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



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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



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Thank you!

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NEXT WEEK!

**Discovering Spending Leaks and
Ways to Stop Them**



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