



# Managing Money Without The Overwhelm



A Money Skills Workshop for Highly Sensitive Therapists  
Presented by **April Snow & Linzy Bonham**

When you know what's happening with your money, you feel better about it. Reality is often much better than the stressful story we've built up about money, and only by knowing what's happening can we direct our money to serve and nurture us.

Here are some ways to use your strengths as a Highly Sensitive Therapist to reduce your stress and overwhelm about money, and work towards feeling clear and in control of your finances.

- **Using relationship.** Use your relational nature as a strength by having a finances buddy who you can talk to about money and your finances. Breaking down the silence and supporting each other with money can make a huge difference.
- **Boundaries.** Set firmer boundaries with your accountant and bookkeeper - let them know your needs, what you're not willing to do (eg. find a tracking tool that works for you, and they can extract the data from there.) They can do their job, which is being an accountant, and you can do yours! You get to have your needs met by them and don't need to overfunction.
- **Owning your role as a business owner.** Start to develop more of your identity as someone who is running a business, rather than just a therapist who happens to have a private practice. This lets you step away from the clinical and personal pieces of your role, and into thinking of this as a professional who needs to be making and managing money.
- **Habits and routine.** Work on your finances regularly in short work sessions, so your anxiety and avoidance don't build up. Build your regular money tasks into a regular, sustainable routine. Create your own routine, don't worry about what other therapists are doing. There's no one right way to manage your money.
- **Environment.** Create an environment that will be supportive to you while you work on your finances, with some comfort and enjoyment but not so much that it will distract you from the task at hand.



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- **Right tool.** Find a tracking and/or budgeting tool that works for your brain - meaning it's nice to look at, gives you the information you need, and makes sense to you when you look at it.
- **Using calming physical practices.** Infuse grounding into your routines around money - yoga, meditation, nature, breathing, warm liquids, weighted blanket.
- **Create a system.** Reduce decision making stress by setting up your system once, then just following it - for example, dividing up your money in the same way every time. That saves you having to make new, fresh decisions each time you have to manage your money.
- **Connect with the meaning of money.** It's easier to manage money thoughtfully when we connect with the meaning of it. Thinking of all the important, wonderful things money makes possible for you (like a home, nourishing food, the ability to travel to see loved ones) can make it less abstract and help us feel more gratitude - and clarity on why managing money well is important.
- **Hiring out.** Hire a coach, a Virtual Assistant, a bookkeeper, an accountant and/or a financial advisor, to fill in the gaps where you need support. Set your expectations up front, and have check in meetings regularly so you know what's happening. When you hire help it's important to still take responsibility for your money. You're not handing off oversight of your finances - you are having someone else do the labor and/or give you their professional insight. It's your money, so you still make the decisions.
- **Support.** Get help learning how to manage money - you don't need to figure it out alone. Get coaching, join a course, ask a friend who has a system that works for her. Use relationships to help you learn a system that fits your life and you'll actually use.



**SENSITIVE THERAPIST**  
Support for a Calm & Nourishing Practice