

Wellness

Wednesday



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Is 'Money Dismorphia' Wrecking Your Finances?

In the ever-evolving landscape of personal finance, a new phenomenon has emerged that is quietly wreaking havoc on people's financial well-being - "money dysmorphia." This insidious condition, where individuals develop a warped or distorted view of their financial situation, has become increasingly prevalent, especially among younger generations.



As the world becomes more interconnected through social media, the pressure to "keep up with the Joneses" has intensified, leading many to perceive their financial status through a lens of inadequacy. The result? A vicious cycle of overspending, excessive saving, and a constant state of anxiety and guilt around money management.

Understanding Money Dismorphia

Money dysmorphia is a term used to describe the disconnect between an individual's perceived financial standing and their actual financial reality. This distortion can stem from a variety of factors, including past money-related trauma, societal pressures, economic crises, or deeply rooted childhood experiences.

According to a recent Credit Karma survey, a staggering 29% of Americans report experiencing money dysmorphia. The issue is particularly prevalent among younger generations, with 43% of Gen Zers and 41% of millennials reporting such feelings, compared to only 25% of Gen Xers and 14% of those aged 59 or above.

The Impact of Money Dismorphia

The consequences of money dysmorphia can be far-reaching, impacting an individual's financial health, emotional well-being, and overall quality of life. Those affected may find themselves living lifestyles they cannot afford, either overspending or excessively saving, missing out on opportunities to invest and grow their wealth.

The emotional toll can be equally damaging, with feelings of sadness, anxiety, stress, frustration, unworthiness, or overconfidence leading to behaviors that further harm financial stability. Relationships can also suffer as money-related tensions strain personal connections.

Identifying the Signs of Money Dismorphia

Recognizing the signs of money dysmorphia is the first step towards addressing this insidious condition. Some common indicators include:

- Obsessive checking of bank balances
- Avoidance of financial discussions
- Constant comparison to others, often fueled by social media
- Distorted perception of wealth and financial security
- Excessive fear of financial ruin
- Overly critical self-evaluation of financial decisions
- Constant stress and worry over future finances
- By identifying these patterns, individuals can begin to understand the root causes of their money dysmorphia and take steps towards a healthier relationship with their finances.

Overcoming Money Dismorphia

Addressing money dysmorphia requires a multi-faceted approach, one that combines self-awareness, financial education, and a willingness to challenge the negative narratives that have taken hold. Here are some strategies to help individuals overcome this condition:

Conduct a Financial Audit

The first step is to take an honest, objective look at one's financial situation. This involves carefully reviewing income, expenses, savings, and debts to gain a clear understanding of the current financial landscape.

Set Realistic Financial Goals

With a clear picture of their finances, individuals can then set realistic, achievable financial goals. These may include building up emergency savings, paying down debt, or increasing investment contributions.

Seek Professional Guidance

Consulting with a financial planner or therapist can provide valuable insights and support in navigating the emotional and practical aspects of money management. These professionals can help individuals develop a personalized plan for financial well-being.

Build an Accountability Network

Surrounding oneself with a supportive network of friends, family, or financial peers can be a powerful tool in overcoming money dysmorphia. These "accountability buddies" can provide encouragement, feedback, and a sounding board for financial decisions.

Limit Social Media Exposure

Reducing exposure to social media platforms that perpetuate the "keeping up with the Joneses" mentality can help individuals focus on their own financial journey, rather than comparing themselves to others.

Cultivate Financial Literacy

Investing time in personal finance education, whether through podcasts, books, or workshops, can empower individuals to make more informed decisions and develop a healthier relationship with money.

Money dysmorphia is a pernicious condition that can have far-reaching consequences on an individual's financial and emotional well-being. By acknowledging the signs, understanding the root causes, and implementing a comprehensive strategy for change, individuals can break free from the grip of this insidious phenomenon and reclaim their financial autonomy.

Through a combination of self-awareness, professional guidance, and a supportive network, individuals can cultivate a healthier, more balanced relationship with money, ultimately unlocking the path to financial stability, personal growth, and overall well-being.



SOY-MARINATED BEEF AND BROCCOLI SKEWERS

INGREDIENTS

Equipment

8 wooden or metal skewers

Ingredients

1/4 cup low-sodium soy sauce, use low-sodium tamari for gluten-free or coconut aminos for soy-free

2 tablespoons rice wine vinegar

1 tablespoon honey

1/2 tablespoon sesame oil

2 cloves garlic, grated

1 teaspoon fresh grated ginger

1/2 teaspoon kosher salt

black pepper

16 ounces trimmed NY strip steak, 1 inch-thick, cut into 16 cubes

1 large head broccoli

6 to 8 medium scallions, white and light green parts only, cut into 1 inch pieces

As the warm summer months approach, it's time to dust off the grill and start planning delectable outdoor feasts. For steak enthusiasts and Asian cuisine devotees alike, the tantalizing combination of tender, soy-infused beef and crisp, flavorful broccoli is a surefire way to elevate your backyard barbecue or alfresco dining experience. Introducing the Soy-Marinated Beef and Broccoli Skewers - a recipe that seamlessly blends the robust umami flavors of the East with the irresistible char of the grill, resulting in a dish that's sure to impress your guests and tantalize their taste buds.

CHOOSING THE PERFECT BEEF CUT FOR SKEWERS

When it comes to crafting delectable beef skewers, the choice of cut can make all the difference. While leaner cuts like sirloin may seem like a logical option, the secret to juicy, melt-in-your-mouth perfection lies in the well-marbled New York strip steak. This premium cut not only retains its tenderness when grilled but also soaks up the rich, soy-based marinade, infusing each bite with a harmonious balance of savory and sweet notes.

Nutrition Information

Serving: 2 skewers, Calories: 199 kcal, Carbohydrates: 11 g, Protein: 29.5 g, Fat: 5 g, Saturated Fat: 1.5 g, Cholesterol: 62.5 mg, Sodium: 883 mg, Fiber: 2 g, Sugar: 6 g



INSTRUCTIONS



HOW TO MAKE IT

1. In a medium bowl, whisk together soy sauce, vinegar, honey, sesame oil, garlic, ginger and 1/2 teaspoon kosher salt. Season with black pepper.
2. Divide the marinade between 2 medium bowls. Add beef to 1 bowl and toss to coat. Leave to marinate for 30 minutes at room temperature, stirring occasionally, or cover and refrigerate for up to 8 hours.
3. Separate the broccoli into 16 florets (you may have some extra broccoli). They should each be 1 to 1 1/2 inches, cut any particularly big florets in half and trim the stems.
4. Meanwhile, if using wooden skewers, soak them in water for at least 20 minutes so they don't burn on the grill. Drain before threading the skewers.
5. When the beef is ready, make the skewers: Thread 1 piece scallion perpendicular to the skewer, then carefully thread 1 broccoli floret onto the skewer, then 1 piece of beef. Repeat with another layer of scallion, broccoli, beef, then finish with the last of the scallion. Repeat with all the ingredients to make 8 skewers.
6. Brush the skewers generously with the reserved marinade then season with a pinch of salt and black pepper.
7. To grill: Prepare the grill on high heat. Grill the skewers to desired doneness, about 3 to 4 minutes per side for medium-rare, brushing with the remaining marinade. Serve right away.
8. To broil: Heat the broiler to high and position the rack about six inches away. Line a baking sheet with foil and add the skewers. Broil until the meat is cooked to desired doneness, about 4 minutes per side for medium-rare, brushing with the remaining marinade.

<https://www.self.com/gallery/sciatica-stretches-and-exercises>

Featured Exercise ► Lying Figure Four Stretch

HOW TO DO IT:

- Lie on your back.
- Cross your left foot over your right quad, and bend your right knee.
- Hold the back of your right leg and gently pull it toward your chest.
- When you feel a comfortable stretch, hold there for 30–45 seconds.
- Switch sides and repeat

THE BENEFITS:

The primary muscles engaged in the lying figure 4 stretch are the gluteus maximus, gluteus medius, and piriformis. These muscle groups play a crucial role in hip and pelvic stability, as well as overall lower body function. By stretching these areas, you can improve range of motion, alleviate pain, and enhance overall mobility.

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Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.



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