



"The holidays resurface old stories about self-worth, responsibility, and belonging. When people learn how their brain and subconscious mind shape these reactions, they experience more meaningful connections with the people who matter to them."

**Dr. Andrea Adams-Miller, Master
Neuroscientist & Executive Consultant**
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Dr. Andrea Adams-Miller Provides Brain-Based Strategies to Ease Holiday Financial Stress as Americans Report Rising Seasonal Anxiety

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As national news outlets continue reporting increases in financial stress during the holiday season, neuroscientist and communication strategist Dr. Andrea Adams-Miller, CEO of The RED Carpet Connection LLC and Founder of The SubConscious Connection, LLC, is offering brain-based tools to help individuals stay grounded, communicate more clearly, and navigate the emotional weight that money conversations often carry this time of year. Especially since rising prices, economic uncertainty, and growing concerns about holiday spending are creating significant emotional strain for households across the United States.

Dr. Adams-Miller explains that the brain's stress systems become more active when financial pressure rises, especially during seasons filled with social expectations. Emotional memories, family patterns, and subconscious beliefs about money often intensify in November and December, shaping behavior in ways people may not immediately recognize. She focuses on helping individuals understand how the brain interprets financial threat and how these patterns influence communication, decision-making, and emotional

regulation.

Research supports the link between financial strain and heightened stress responses. A study in the journal *Science* by Mullainathan and Shafir showed that financial pressure reduces cognitive bandwidth and makes decision-making more difficult. Another peer-reviewed study in the *Proceedings of the National Academy of Sciences* by Porcelli and Delgado found that stress limits the brain's ability to regulate emotions through the prefrontal cortex. These findings illustrate why holiday financial stress can influence mood, communication, and clarity.

"Financial stress during the holidays is often a neurological response, not a personal failing," said Dr. Andrea Adams-Miller. "When people understand how the brain reacts under pressure, it becomes easier to communicate calmly, set healthy expectations, and approach decisions with clarity."

Experts outside her organization are echoing similar concerns nationwide. Commenting on how economic stress shapes behavior, Nobel Prize recipient Daniel Kahneman has noted in interviews that pressure and uncertainty strongly influence how people interpret information and make choices, often leading to reactions driven more by emotion than intention. His perspective reinforces the broader understanding that emotional awareness is critical to navigating financial conversations.

With many news outlets reporting increased household debt, higher credit card usage, and record-level holiday spending, Dr. Adams-Miller emphasizes the importance of developing emotional steadiness before making financial decisions. She teaches clients to recognize subconscious money patterns formed years earlier by family dynamics, cultural messaging, or past experiences. By identifying these patterns, individuals begin replacing reactive responses with grounded and intentional communication.

Dr. Adams-Miller stresses that the methods she teaches support emotional clarity and communication wellness rather than medical treatment. Her work serves individuals, couples, families, and executives who want to maintain connection and emotional balance in seasons that often amplify stress.

"The holidays have a way of resurfacing old stories about worth, responsibility, and belonging," she said. "When people learn how their brain and subconscious mind shape these reactions, they experience more calm and more meaningful connections with the people who matter to them."

She encourages households to begin conversations early about spending expectations, boundaries, and holiday commitments. She also advises individuals to practice techniques that help regulate the nervous system before entering emotionally charged discussions, noting that steady internal states lead to more constructive outcomes.

Dr. Adams-Miller continues to provide consulting, coaching, speaking engagements, and media commentary for organizations and individuals navigating seasonal pressure, communication challenges, holiday grief or sadness, and emotional overwhelm.

Disclosure: The services described in this release are educational in nature and are not intended to diagnose, treat, or replace care from a licensed medical or mental health professional.

About Dr. Andrea Adams-Miller

Dr. Andrea Adams-Miller is an international speaker, neuroscientist, and communication strategist specializing in emotional resilience, subconscious transformation, and brain-based communication. She leads The RED Carpet Connection LLC and The SubConscious Connection, LLC, providing consulting and training for clients seeking clarity, influence, and emotional steadiness in both personal and professional environments.

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TheREDCarpetConnection.com, LLC

The RED Carpet Connection, LLC is a neuroscience-driven executive advisory firm founded by Dr. Andrea Adams-Miller, guiding leaders to strengthen authority, influence decisions, and act with precision, speed, and discretion in high-stakes environments.

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