ARE YOU PROPERLY MANAGING THE FINANCIAL STRESS IN YOUR LIFE?



PINPOINT THE STRESS-INDUCING ISSUES

- Writing down your biggest money challenges
- Keep the list short to feel less overwhelmed
- Revisit and revise the list every 3 to 6 months

SEEK HELP FOR SPECIFIC ISSUES

- Start with health care advice to solve any physical/mental problems
- Seek guidance from professionals with knowledge in your areas of stress
- Leverage family and friends for their knowledge and advice

MOVES TO HELP LOWER FINANCIAL STRESS

- Divide spending into needs and wants and trim from wants
- Find ways to save on small daily expenses rather than looking for on big savings
- Modify budget to prioritize the stress points in your financial life

WHAT A BUDGET CAN DO FOR STRESS

- Tracking expenses is key to knowing where to make cuts
- Can plan for non-recurring expenses such as insurance, HOA, etc
- Will be stress reducing because you have plan