

# Healthy & Resilient You



The *care* and *feeding*  
of your

# PIGGY



## Financial Fitness is ALL About You

It will be no surprise to hear that constant stress affects your well-being. What you may not know is that *financial worry* is the number one cause of stress in America today. As you can imagine, the chief source of financial stress comes from debt—lines of credit, mortgages, and credit cards — which can affect your ability to stay current on your monthly expenses, not to mention save money.

## Stress is a Pain, Literally

According to a recent health poll, financial stress can cause these major health issues:

- Headaches/migraines
  - Sleep issues
  - High blood pressure
  - Stomach ulcers
  - Anxiety/ depression
  - Obesity
  - Strokes
  - Heart attacks
- Other common symptoms include:
- Irritability/Anger
  - Fatigue
  - Lack of motivation
  - Decreased sex drive

**Do you see yourself in here anywhere?** All of these will influence your relationships, how inspired you are at work, and most importantly, how you feel about yourself.

## Start Small

Getting a handle on finances may feel daunting. But just hoping things will work out can keep you feeling overwhelmed. There are, however, simple steps you can take that will improve your financial outlook and alleviate stress. When you start taking small steps, you will feel stress begin to wane and confidence and well-being take its place.



**Pro Tip:** *Stay current. Bring your checking account up-to-date each week, and look at which bills are coming due. This will keep you aware of exactly where your finances are and help keep you from overspending.*

*“Money doesn’t make you happy but it quiets the nerves.”*  
— Seán O’Casey

## Doing not Doodling

Here are four simple steps you can take to get a handle on your finances:

### 1) Create a spending report

Create a list of everything you buy each month, and prioritize your expenses – from major costs like rent to smaller ones you don’t usually think about, like coffee and nights out. Keeping an eye on luxury purchases can reveal hidden sources of money that could go toward paying for more critical needs such as mortgage or rent.

### 2) Work towards paying off credit card debt

When you buy on credit, you’re betting on the possibility of future income. If that income fails to appear, anxiety about being able to pay creditors will add stress to your life. Eliminate money fears by paying off creditors and only buying what you can afford to pay for in cash.

### 3) Build a rainy-day fund

Accumulating 3 to 6 months of living expenses will decrease your fears about not being able to pay bills. You can build a rainy-day fund by foregoing non-critical purchases like restaurant meals and minor luxury items such as electronic gadgets and designer clothing.

### 4) Automate everything

If you haven’t already done so, automate your bill paying and savings. The more you automate, the easier it will be to manage your finances.



**Pro Tip:** Use an app like Mint or Personal Capital that tracks your spending and notifies you when you’re over budget.

Did you know that some billionaires took themselves from the streets to the top of Forbes’ list? Many of them have built and lost their fortunes several times over. Although they each made their fortunes in different ways, there are two qualities they all have in common:

- 1) They are experts at investing
- 2) They are vigorous about managing their money

*“Financial peace isn’t the acquisition of stuff. It’s learning to live on less than you make, so you can have money to invest. You can’t win until you do this.” — Dave Ramsey*

If money management isn’t something that comes naturally to you, or it’s something you don’t particularly enjoy, think about the payoffs. What do you get when you overdraw your bank account, or when you don’t have the money to go on that fun trip with your friends? Most likely stress and frustration. Conversely, what do you get when you know exactly where you are financially? What do you get when you focus day by day on preserving what you have and growing it? Peace of mind...and more money!



**Pro Tip:** Find creative ways to get by on less. Know what’s coming in and when. And be intelligent about what’s going out. These steps will help make your piggy fatter and happier!

Looking for more useful information to improve your financial fitness? Check out the Resilience Hub™. First-time users will have to type in their company’s name to access the site.

[www.ConcernResilienceHub.com](http://www.ConcernResilienceHub.com)

This newsletter is intended for informational purposes only, and should not be used to replace professional advice.

If you find your level of stress is impacting your well-being, you can contact us for additional help and support.

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