Financial Well-being is More Important Than You’d Think

Financial stress can be a burden, but it can also have a negative effect on your health. Understanding the relationship between financial and physical wellness can help you improve both areas of your life.

Here are healthy ways to cope with financial stress and make it more manageable:

1. Recognize unhealthy coping methods. Choose meditation, exercise, or talking with a friend instead.

2. Take care of yourself. Make time to relax and unwind.

3. Talk to an advisor about your financial troubles. A plan of action can help you feel in control and minimize feelings of hopelessness.

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