



## Money Matters: Balancing Coins and Calm!

Financial wellness refers to your overall relationship with money and its effects on your life. It goes beyond just your income; it encompasses how you handle and perceive your finances. Attaining financial wellness means you're not always anxious about money; instead, you have a solid understanding and a well-thought-out strategy for managing it effectively.

### How do you maintain financial wellness?

Regular budget reviews: Regularly review your budget to make sure it reflects your current financial circumstances and goals.



**Consistent saving habits:** Make it a habit to reserve a portion of your income for savings or investment accounts.



**Avoid unnecessary debt:** Be careful about taking on new debts and try to pay off high-interest ones first.



**Continuous learning:** Educate yourself on financial management, investment options, and retirement planning to make better decisions.



**Regular financial health checkups:** Just like a regular health checkup, periodically assess your financial situation to ensure you're on track to reach your goals.