



Financial Wellness and Mental Health

Financial wellness means being in a position to comfortably meet your financial needs both now and in the future. When you're financially well, you feel confident about your financial outlook, aren't constantly stressed about money, and can enjoy life with ease.

The connection between mental health and financial wellness is significant. Experts have discovered that financial stress is often persistent and long-lasting, impacting overall well-being.

If you're experiencing high levels of financial stress, you're more likely to see it impact your physical health as well. This kind of stress can lead to problems such as:

- Headaches and migraines
- Anxiety and depression
- Sleep disturbances
- Weakened immune system
- High blood pressure

Improving your financial wellness can lead to better mental and physical health. It's important that you take the steps to improve your financial situation:



Review your spending habits. Observe patterns in how much and when you spend money. Determine which expenses are necessary and which ones you can eliminate.



Create a budget. List all of your expenses and create a budget based on what you truly need. Monitor your spending closely to ensure you stick to the plan.



Take advantage of financial education tools. You don't need to manage your finances on your own—there are plenty of ways to get support. Many employers offer financial wellness resources, but they're not your only option. Financial companies, including brokerages, also provide free online tools and educational materials.