

# 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.

1

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

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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