

Reduce your debt and your stress.

Focus on your financial well-being.

Financial debt can be a strain on more than your wallet – it can also affect your physical and mental health. Studies show that half of all adults who are in debt also have mental health problems. When you worry about money, it can feel like a burden that you're dealing with alone, resulting in increased anxiety or mood changes.*

Here are some ideas that will help you better manage your financial debt.



Examine how you spend money.

Track your finances for two months to learn how and where you spend money. This information will help you figure out a budget. Apps can be a helpful tool. **



Look into financial planning.

Search for free or low-cost classes that can help you better manage your money—whether it's applying for a mortgage or paying off a student loan. Libraries and podcasts are also good resources. **



Take steps to lower your debt.

Some financial experts say that 50% of your paycheck should go toward expenses, such as rent, insurance and loans. If you can't make payments within your budget, reach out to your lender to see what your options are, including debt consolidation. *



Automate your savings.

One of the easiest ways to save is to automatically transfer your money into your savings account. Limited access to those funds may make it less tempting to spend money outside of your budget. **

*Loconti, C. "How to Feel Less Anxious About Money." WebMD. <https://www.webmd.com/balance/features/the-debt-stress-connection>. Page last updated August 18, 2021.

**Healthwise. "Planning a Secure Financial Future." <https://www.healthwise.net/intracorp/Content/StdDocument.aspx?DOCHWID=acl3503>. Page last updated June 16, 2021.