

# Financial Wellness

*Developing effective and sustainable financial management skills.*

Financial wellness refers to the state of being in control of your current financial situation and having the means to effectively manage your finances in a way that supports your present and future well-being. It's one of the important dimensions of overall well-being and is closely tied to how you handle money, plan for the future, and make financial decisions.

Key aspects of financial wellness include:

**Budgeting:** Creating a realistic budget that outlines your income and expenses. This helps you track where your money is going and ensures that you're living within your means.

**Saving:** Setting aside a portion of your income for future needs and emergencies. Building an emergency fund and saving for long-term goals like buying a house or retirement are important aspects of financial wellness.

**Debt Management:** Managing your debts responsibly, including credit card debt, student loans, and mortgages. Striving to minimize high-interest debt and having a plan to pay off what you owe is crucial.

**Investing:** Making informed decisions about investing your money to achieve financial growth and security over the

long term. This might include investments in stocks, bonds, real estate, and retirement accounts.

**Financial Literacy:** Educating yourself about personal finance topics such as taxes, investments, insurance, and retirement planning. The more you understand about these matters, the better equipped you'll be to make informed financial decisions.



**Goal Setting:** Setting short-term and long-term financial goals, such as saving for a vacation, paying off a debt, or building a retirement nest egg. Having clear goals can help you stay motivated and focused on your financial well-being.

**Insurance Coverage:** Ensuring that you have appropriate insurance coverage, such as health insurance, life insurance, and property insurance, to protect yourself and your loved ones from unexpected financial burdens.

**Retirement Planning:** Planning for your retirement by contributing to retirement accounts like 401(k)s or IRAs. The goal is to build a financial cushion that will support you when you're no longer working.

**Managing Financial Stress:** Developing healthy ways to cope with financial stress and anxiety. Financial problems can often lead to emotional distress, so managing these feelings is important for overall well-being.

**Estate Planning:** Creating a plan for how your assets will be managed and distributed after your passing. This can include writing a will, designating beneficiaries, and considering arrangements for medical care if needed.

Financial wellness is about achieving a sense of stability, security, and peace of mind when it comes to your finances. It's not just about having a lot of money; it's about effectively managing the resources you have to meet your needs and achieve your goals.



**Self-care. Connect**

**Contact your EAP at  
1-877-747-1200**

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