

CRISIS-RELATED FINANCIAL STRESS

TIPS TO HELP YOU COPE

1



Be Engaged With Your Finances

Know the state of your finances

Know where you're finances are at & how your finances are being impacted. Dealing with the impacts of a crisis all at once can lead to more stress. Make 1 financial decision at a time & space them out so you have time to think about it & get advice before the next decision.

3



Prioritize Mental Health

It can boost your mood

Practice healthy coping mechanisms like meditation & listening to music (i.e. Spotify playlists, Youtube playlists with nature scenes). Use the Calm app to do deep breathing. Keep a regular bedtime to ensure proper sleep. FaceTime with friends and family to connect.

2



Let Go of Financial Shame

A crisis can highlight past setbacks

Remember everyone has had some type of financial setback in their life. Don't dwell on the past. Focus on the future, on solutions, & get help from a Financial Expert, if needed. We all need advice from an expert from time to time.

4



Get Moving

Exercise is proven to reduce stress

Make regular physical activity part of your routine. Tap into Orange Theory's 30-minute stay-at-home workouts on Youtube, YMCA's 360 videos, & Planet Fitness "Work-ins" on Facebook Live. And, don't underestimate the power of a 30-minute brisk walk.

To learn how to get free financial guidance, help prioritizing expenses & establishing an emergency budget, visit Apprisen's website.