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.

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.

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.

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.

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