

Your Financial Health

Care for Your Finances to Care for Your Health

Money and financial concerns continue to be the leading source of stress for many individuals and families.

Here are a few tips to help you address your fiscal fitness:

- **Know your numbers.** Review your bank account and credit card statements regularly. Knowing your numbers helps you make better decisions about how to manage your money.
- **Reduce or eliminate debt.** If necessary, you might need to seek guidance from a financial planning expert.
- **Give yourself a cash allowance** to avoid over-drawing your checking or savings accounts.
- **Identify your needs.** In addition to basic needs, like housing and transportation, consider your future needs, like retirement or funding a college education.

YOUR WELLBEING ACTIVITY

GRATITUDE PROJECT

Make a list of at least 20 things you are grateful for: five people, five experiences, five possessions, and five accomplishments.

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