Are you feeling worried about your finances? Maybe waking up in the middle of a night thinking you don’t know how you are going to pay your bills? Preoccupied about what could happen if you miss a paycheck?

If you are familiar with these thoughts, you may be suffering from financial stress. Like other sources of stress, financial stress can disrupt your physical and emotional wellbeing. It can negatively impact relationships and your sense of security. Here we share our top tips for managing your financial stress in a healthy way.

5 Ways to Reduce Financial Stress

1. **Talk to someone for emotional support.**
   Having difficulties with money often induces overwhelming fear and shame. Talking to someone you trust—like a family member or friend—is a good start to reduce the feeling of isolation.

2. **Seek professional guidance on money matters.**
   Financial experts can assist you in identifying goals to improve your financial situation. If you’re not sure where to start, Carebridge EAP provides resources and will point you in the proper direction.
Learn strategies to manage stress.

As you seek solutions for improving your financial situation, you can begin to rejuvenate physically and mentally. Dedicate time to being intentional about your physical and emotional health. Focus on physical movement, connecting with loved ones, and mindfulness—all within your new budget.

Plan for setbacks.

Keep in mind that we can’t always influence the social determinants that create financial difficulties. However, we can be mindful of how we react to them. Become aware of situations that might jeopardize your newly established goals for financial wellness. Take note of warning signs that you may be heading down a wrong path. Re-engage with the people and actions that assisted you previously.

Recognize when it’s more than financial trouble.

Sometimes financial troubles can be associated with other concerns. Carebridge can assist you in gaining insight on how your thoughts and feelings can influence financial stress and the choices you make. It can also help with risk factors such as gambling and/or substance use.