Financial Well-being is **More Important** Than You'd Think

We all know that financial stress can be a burden, but it can also have a negative effect on your health. Understanding the relationship between financial and physical wellness can help you improve both areas of your life.
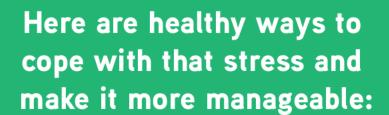
Financial stress often causes anxiety, depression and hopelessness, and that stress can also contribute to heart disease, high blood pressure, insomnia, more frequent colds and minor illnesses and more. Plus, many cope with financial stress in unhealthy ways, such as smoking, drinking and over-eating, which can decrease overall health.

Here are healthy ways to cope with that stress and make it more manageable:

1 Recognize your unhealthy coping methods and find alternatives such as meditation, exercising or talking with a friend.

2 Take care of yourself. Get enough sleep, eat right, drink plenty of water and exercise regularly. Make time for yourself to just relax and unwind.

3 Talk to an advisor regarding your financial troubles. You won't be able to fix them overnight, but having a plan of action can help you feel in control and minimize feelings of hopelessness.

4 Inquire about our financial planning assistance. We're here to help you achieve financial well-being, don't hesitate to find out about what benefits may be available to you.

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