

Time Well Spent

If you've ever felt stressed about your finances, you're not alone! For many, worrying about money is a significant source of stress — which can lead to physical health issues, too. This month, take the time to analyze your finances, eliminate unwanted surprises and boost your wellbeing.



Try these tips:



Find your money management style:

Whether you partner with a financial advisor, keep a spending journal, or download a budgeting app, choose a technique that fits your needs.



Create a budget (and stick to it):

Take a close look at your income and your expenses each month to identify your spending habits.



Make saving easier:

Build savings into your budget. Pro tip: set up automatic transfers into your savings account each month!



Plan for your future:

Consider opening up a Roth IRA or 401(k) to set you up for retirement and boost your peace of mind.



For more financial tips, access wellbeing resources at mycare.sharecare.com.