

# FOCUS ON FINANCIAL WELL-BEING

## *Financial Wellness Matters*



### **VALUE YOUR FINANCIAL WELL-BEING.**

It's an important piece of your overall health and wellness.

### **TRANSFORM YOUR MONEY MINDSET.**

Shift your outlook on money from a scarcity mindset to an abundance mindset.

### **BE INTENTIONAL WITH MONEY.**

Spend on what matters to you.

### **MANAGE FINANCIAL STRESS.**

Implement coping strategies including self-care and working with a financial expert.

### **DEVELOP YOUR MONEY SKILLS.**

Become financially savvy so you can make the right money decisions for yourself.