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Financial Health

An element of your well-being.

About half of Americans live paycheck to paycheck, not leaving much room to plan for emergencies. This makes it hard to be prepared for the unexpected, like when you drive to work but your muffler stays at home. It's important to be financially prepared for emergencies, but your financial wellness can also have an impact on your overall health.

62% of American adults say that finances are a significant source of stress. Financial stress may lead to anxiety, insomnia, depression, and other harmful conditions. People with high financial stress are also more likely to use unhealthy behaviors to cope. Creating a financial plan that works with your lifestyle can help set you on the right path.

Set a budget and make a spending plan. Assess how much money is coming in each month and prioritize the bills that need to be paid. Focus on mortgage or rent, utilities, and groceries. Identify the things you need to pay for and the things you simply want to pay for. Remind yourself to save more and spend less. Even though you enjoy streaming your favorite shows or eating out every day for lunch, these are ways you can save your money to reduce financial stress.

Plan your meals ahead of time to refrain from eating fast food. It can be good for your diet and your wallet! Instead of paying for multiple streaming services, treat yourself to one that fits in your budget. There are also coupons, sales, and other ways to decrease the amount you spend on groceries each week. It takes some practice, but it is possible to cut back on spending to reduce your stress when you face emergencies, like that pesky muffler.

If you think your stress goes beyond finances, or if your mental health is a concern, talk to your primary care provider. Mental health is important, and you do not have to suffer alone. Contact your primary care provider to discuss treatment options.



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Build a budget

Use this page to calculate how much money you spend in a month. Afterwards, you can use this information to help you plan your budget for next month.

Month _____ Year _____

Income	Monthly total
Paychecks (salary after taxes, benefits, and check cashing fees)	\$
Other income (after taxes) for example: child support	\$
Total monthly income	\$

Expenses	Monthly total
HOUSING	
Rent or mortgage (including renter's/homeowner's insurance)	\$
Utilities (like electricity and gas)	\$
Internet, cable, and cellphones	\$
Other housing expenses (like property taxes)	\$
FOOD	
Groceries and household supplies	\$
Meals out	\$
Other food expenses	\$
TRANSPORTATION	
Public transportation and taxis	\$
Gas for car	\$
Parking and tolls	\$
Car maintenance (like oil changes)	\$
Car insurance	\$
Car loan	\$
Other transportation expenses	\$
HEALTH	
Medicine	\$
Health insurance	\$
Other health expenses (like doctors' appointments and eyeglasses)	\$
FAMILY	
Child care or child support	\$
Clothing and shoes	\$
Entertainment (like movies and amusement parks)	\$
Other personal or family expenses (like beauty care)	\$
OTHER	
Banking fees and/or credit card fees	\$
School costs (like supplies, tuition, student loans)	\$
Other payments (like credit cards and savings)	\$
Other expenses this month	\$
Total monthly expenses	\$

Meal planning on a budget? [Try 6 healthy and low-cost meals.](#)
 Watch this quick [video](#) to learn about how to build a budget.
 Use these [tools](#) to financially plan for major life events.