



Managing Money

When costs and interest rates rise and savings and investments dip, it's no surprise that many individuals find themselves experiencing financial strain and stress. Start to take control of your financial situation by following these tips:

- Assess your cash flow and develop a budget based on your lifestyle and goals
- Remember that markets go through cycles; avoid emotional decisions and adjustments
- Prioritize savings and start an emergency fund
- Assess your tolerance for risk when it comes to investments
- Review insurance coverages to be sure you are adequately protected
- Connect with a Money Coach, available for a free 30-minute consultation through your Employee Assistance Program

Peace of mind starts with developing a plan. Call the number below today to speak with a Money Coach.

"Inflation: What Can I Do Now?" Tips & Tricks, Trends & News. My Secure Advantage, Inc, November 23, 2022, <https://www.mysecureadvantage.com/blog/articles/2022/07/01/inflation-what-can-i-do-now> & "Market Volatility" <https://mlb.mysecureadvantage.com/blog/articles/2022/07/14/market-volatility>



Your Employee Assistance Program

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. To access these services, call or log on to get started.

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