

# PERSONAL SAGE

Strategic Advice Guidance and Empowerment

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Financial Self-Care

## Confidently Managing Your Finances When Challenges Arise

Financial stress can take a toll on your overall well-being; we've all felt this at some point in our lives. Whether you've made missteps in the past or just feel lost and overwhelmed on where to start, we've put together some financial self-care strategies that can help you manage money-related anxiety and regain a sense of control.

### Acknowledge Your Feelings

It's okay to feel overwhelmed by financial challenges. Acknowledge your feelings and give yourself permission to experience them without judgment. Remember that you're not alone, and seeking support is a sign of strength.

### Take Small, Concrete Steps

Break down daunting financial tasks into smaller, manageable steps. Focus on one task at a time, such as creating a budget, paying off debt, or saving for emergencies. Celebrate small victories along the way to stay motivated.

### Seek Support and Guidance

Don't hesitate to seek support from friends, family, or a PersonalSAGE financial coach. Talking openly about your financial concerns can provide emotional relief and valuable insights. Consider joining support groups or online communities where you can connect with others facing similar challenges.

Remember that practicing financial self-care is an ongoing journey, and it's essential to prioritize your well-being as you navigate your financial challenges.

### Focus on What You Can Control

Focus on aspects of your finances that you can control, such as your spending habits, savings goals, and financial priorities. Let go of perfectionism and embrace progress over perfection. Remember that small changes can lead to significant improvements over time.

### Set Boundaries and Practice Self-Care

Set boundaries around financial stressors to protect your mental and emotional well-being. Limit exposure to negative financial news or triggers that exacerbate anxiety. Prioritize self-care activities that nourish your mind, body, and soul.

### Celebrate Your Financial Wins

Celebrate your financial wins, no matter how small! Whether it's sticking to your budget, paying off a credit card, or reaching a savings milestone, take time to acknowledge and celebrate your progress. Reward yourself with non-financial treats that bring you joy and fulfillment.

For personalized guidance and support in managing financial overwhelm or any financial wellness topics, schedule time with a Financial Coach.

Visit <https://mypersonalsage.com/get-in-touch/> to schedule your one-on-one consultation.

Access to PersonalSAGE financial coaches is a complimentary resource through your employer.



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