

Let's Talk About Money!! Huh? Must We?

Stress and money, money and stress; these two words easily become intertwined.

Studies show that the best way to deal with any kind of stress is to view it as a challenge and an opportunity. When it comes to money, not talking about it compounds trouble.

Money is involved in every aspect of life, day in and day out. Every time you deal with or even think about money is an opportunity to either avoid or engage. If the threat response is your typical way of dealing with money, that's where you may end up staying. Unfortunately, studies show that remaining stuck in the threat mindset inhibits your ability to solve problems in the moment and, over time, it can negatively affect long term health.

So, what should you do instead?

- Be honest with yourself, don't avoid or ignore money problems.
- Talk about it with your spouse/partner, parents, or any other significant stakeholders you trust.
- Take on the challenge and learn everything you can about your money.
- Consult with a trained and trusted financial professional.
- Call Aurora EAP at (800) 236-3231 to speak with a financial consultant or an EAP counselor for additional support.

The quicker you take on the challenge, the less stressed you'll be and the more empowered you'll feel to actually get back on sound financial footing.

For additional information or support, call us at
(800) 236-3231

