

What is Financial Stress?

Feeling low or anxious is a normal response when you've lost your job, been made redundant, or you're struggling with debt. You may be feeling, behaving or thinking in ways that are unfamiliar. But that does not necessarily mean you're suffering from depression or an anxiety disorder.



How To Reduce Financial Stress

✓ Create extra sources of income.

Knowing how to increase your financial holdings without creating significant stress for yourself can be tricky. Thankfully, there are several ways to boost your income and relieve your stress.

✓ Declutter your budget.

Take control of your finances by setting aside some time to schedule, organize, and declutter all of the money coming in and out of your bank account. The more control you have, the less stress you will feel.

✓ Don't forget general stress management.

Eating a nutritious diet, getting enough sleep every night, and doing some form of physical exercise are linked with reducing stress levels.

✓ Understand the debt cycle.

Do your research and pay attention to interest rates. It's advisable to first pay off the debt that has the largest interest rate to avoid paying higher costs over time.

Financial Aid Anxiety Relief Tips

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