

# JANUARY NEWS 2022

Empowering you with information for  
your emotional and physical wellbeing

## Financial Health

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*More than three in four Americans (77%) report feeling anxious about their financial situation. Only 29% of Americans consider themselves financially healthy.*

Financial health isn't necessarily connected with the amount that you earn. It's about how you spend and manage money on a monthly and yearly basis. Financial health goals should include having more income coming in than going out, being able to pay your bills on time and some savings in the bank.



### Live Right Program

855.281.7555

<https://ufcw1776.hmchealthworksc.com>





# Reducing Financial Stress



## Start living below your means

Spend less than you earn. Lower your housing, transportation, and utility bills. Downsize your car and home if necessary. Avoid expensive cable TV plans. Explore ways to lower your energy bill at <https://tinyurl.com/5n6m7257>



## Plan for your retirement ASAP

It's easier to save for retirement when you're young and may have fewer responsibilities. No matter what age you are, consider speaking with a financial planner about options.



## Be more conscious of your food and beverage habits

The average amount spent for specialty coffee beverages is almost \$1,300 per year. A family of 4 eating out or food "to go" once a week spends \$6,000 per year.



## Master your own financial literacy

Use free money management apps, meet with a credit counselor, check out <https://tinyurl.com/bdfuam93> or listen to podcasts at <https://tinyurl.com/yckkub3y>



## Find ways to earn more money

Become a dog walker, pet sitter, babysitter, or tutor. Drive for Uber or Lyft. Websites like TaskRabbit can connect you with people who need help with moving, delivery or other services.



## Check out money-making apps

Use your smartphone to take surveys, pick up a side gig, sell unwanted clothing, electronics, sporting goods, and furniture. For the best ideas to make money online: <https://tinyurl.com/2zhwk362>

## FINANCIAL TIPS

### MEASURE TO MANAGE

*Accurately track every dollar you spend. Track everything coming in and going out. Use digital tools that track bank accounts, credit cards and investments: <https://tinyurl.com/4v9dsnh3>*

### GOAL ORIENTED

*Whether getting out of debt, planning a trip, or buying a home—ask these questions. How much do you need? When do you need it by? What is your method for getting there?*

### BUDGETS ARE BLUEPRINTS

*A budget tells your money where to go rather than wondering what happened to it. Differentiate between wants and needs. Budget to curb spending, pay debt, and build savings.*

### EMERGENCY FUNDING

*Start to set aside a small amount monthly that could cover your housing, utilities, and food costs. A savings cushion of even 1 month reduces stress.*

### DEBT CEILING

*Some debt like mortgages is unavoidable. Beware of avoidable consumer debt like car loans used for the purpose of driving a nicer car than you could afford to purchase.*

# Saving for Retirement

## DECADE-BY-DECADE GUIDE FOR RETIREMENT

Saving for retirement is something we all need to think about. It can be a challenge saving today for tomorrow's enjoyment. It is never too late to make progress and never too early to get started. Hitting key financial milestones at early ages can get you in better financial shape for retirement. According to a Transamerica Retirement Survey, 44% of retirees cite declining health that requires long-term care as their greatest fear. 36% say losing their independence and 32% say outliving their savings and investments are retirement fears.

### IN YOUR 20S: FOCUS ON COMPOUND GROWTH

Save 10% of your gross salary pronto but shoot for 15% to really help you later on. Save in a Roth, enroll in your employer's retirement plan or start an IRA.

### IN YOUR 30S: TIME TO FOCUS

If you are just getting started, save 15% of your gross salary and 20% is even better. If 15% feels challenging, create and follow a budget to identify areas to save. If you've already been saving, don't dip into your retirement savings. When you change jobs, don't opt to take a cash distribution. There will be a 10% penalty and you have to start all over saving for your retirement.

### IN YOUR 40S: CONTINUE WITH YOUR BUDGET

Don't take on big-ticket spending like trips, new vehicles, and house renovations that can make it hard to keep up with your retirement plan. Lifestyle creep happens as we begin to make more money. Stick to your budget and squirrel away more as your income increases. Consider not paying all college expenses. Share this expense with your adult children so you have more retirement savings. This will avoid needing them to care for you at a time when they need to provide for their own families.

### IN YOUR 50S: CONTRIBUTE EVEN MORE

Plan on saving as much as possible. Once you turn 50, you can contribute more to your 401(k). Also, start planning your retirement. Put together an estimate of your income, including social security. Use an online calculator and start considering downsizing. Connect with a certified financial professional to get organized.

### IN YOUR 60S: PLAN ON 30 GOLDEN YEARS

Retirement is within sight. You should plan for a 30-year retirement and that you will live until 95. Strategize for inflation by keeping some of your investments in stocks. For couples in good health, the higher earner should wait to collect Social Security until age 70. If you collect at 62, you will end up with 25-30% less than if you waited.







## Money & Mental Health

Money, mental health, and physical health are connected. Mental health impacts how we view the world, our belief systems, our behavior, and our finances. High levels of financial stress can manifest itself physically as headaches or migraines, compromised immune systems, digestive issues, high blood pressure, muscle tension, and heart issues. Mentally, it can cause anxiety, depression, and a feeling of being overwhelmed. Physical and mental issues related to finances take a toll on relationships.

***- 44% of individuals reported money as the leading cause of stress in their relationships. -***

We need to strive for financial health to not only benefit our bottom line but to have personal wellbeing and happiness with our partners. Get to know your money and mood patterns. Take some time to think about how you feel about money and why.

For example, if you've struggled with money in the past or didn't have much money growing up, this might affect the way you feel about money now. Mental health impacts our ability to manage money and poor money management is detrimental for our mental health.

To understand your emotions and behaviors around money ask yourself the following questions:

- » Are there times when you're more likely to spend money?
- » Are there times when you're more likely to save money?
- » How does it feel when you spend money?
- » Do you feel differently when you're spending and saving?
- » What are the emotions and feelings you think of when you think about money?
- » Which aspects of dealing with money make your mental health worse?
- » Do you spend to make yourself feel better - a feeling like a temporary high?
- » Do you make impulsive financial decisions?
- » Do you have a dependency which makes you spend money? For example, gambling, alcohol, or drugs.

Consider and answer these questions to understand your habits and patterns around money. Seek resources for improved mental health and move forward financially by contacting your Employee Assistance Program (EAP).

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# Resources



*This Month's Featured Blog*

## **5 Money Mistakes That Can Harm a Relationship**

**Read Now:**

**<https://uprisehealth.com/resources/5-money-mistakes-that-can-harm-a-relationship>**