



# ◆ Wellbeats

Wellness

## Figuring Out Your Finances program

No one wants to talk about it. Some people are afraid to even think about it. Why? Money continues to be the top source of stress for adults—and that stress can impact just about every area of life. Financial stress can wreak havoc on our mental health, relationships, physical wellness and more. So how can we get on top of our finances? How can we spend smarter, lower stress, and live better? In this program, our experts will provide simple but effective strategies for managing debt, saving money, and thriving through uncertainty. They'll demystify complex topics so you can act from a place of knowledge and power.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	<p>Do I save or pay down debt?</p> <p>2 mins</p>	<p>Managing debt</p> <p>5 mins</p>	<p>Setting up a budget</p> <p>5 mins</p>	<p>How to maximize savings in savings accounts</p> <p>5 mins</p>	<p>How can I save when I make so little?</p> <p>2 mins</p>	<p>How do I choose a financial advisor?</p> <p>2 mins</p>	<p>Money and relationships</p> <p>5 mins</p>
WEEK 2	<p>Stress: why it can turn our lives upside down</p> <p>4 mins</p>	<p>3 types of stress: good, tolerant &amp; toxic</p> <p>5 mins</p>	<p>Stress and its effect on your mind</p> <p>2 mins</p>	<p>Breaking the stress-sleepless cycle</p> <p>5 mins</p>			