

SELFCARE FOR FINANCIAL WORRIES



ANALYZE YOUR SITUATION

1. Write down your income (money in) and expenses (money out)
2. Find costs you can reduce or stop
3. Compare what you own (assets) and what you owe (debts)

CHANGE YOUR SITUATION



- If you don't have enough money:
 - Ask for help from someone you trust
 - Check if you can get support from the government
 - Think about working more, if possible
- If you spend too much money (on things like tobacco, alcohol, or shopping):
 - Join our course "Better Habits" at remote-health.eu
 - Talk to someone you trust
 - Think about coaching or therapy
- If your loan payments are too high:
 - Talk to your bank – maybe they can help
 - Get help early from a debt advisor



REGAIN SELF-CONFIDENCE

- Accept your situation, even if it's hard
- Follow your plan
- Check your plan often and change it if needed
- Focus on what you have, not what you don't

You should have trust in yourself and you can achieve it.



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