

Selfcare

when having financial worries



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Analyze your situation



- Write down income and expenses side by side
- Mark items in expenses that can be reduced or avoided
- Write down assets and debts side by side



IMPORTANT QUESTIONS:

Can secured monthly income cover all necessary expenses?

Can any debts be repaid through secured monthly income in such a way that all debts can be paid off?



Answered YES to both?

Then you can proceed to the slide titled “Regain self-confidence”

Answered NO to one or two questions?

Then all slides are helpful

Change your situation



Case 1: Income is not enough

- If necessary, check the expenses with someone you trust. Where can savings be made?
- Check the conditions for social benefits such as citizen's benefit and housing benefit.
- Can you or a family member work more?



Case 2: I can't get certain expenses under control

Concerns: expenditure on tobacco, excessive alcohol consumption, competitions, shopping addiction

- Visit our “Better Habits” course
- Talk to someone about your problem
- Take advantage of coaching and possibly psychotherapeutic sessions



Change your situation

Case 3: The loan installments are too high

- Bank appointment: Lower rates? Debt restructuring?
- Debt consultation! It is better to act sooner rather than later, as there is a solution for EVERY situation. In order to prevent personal bankruptcy, it always makes sense to consult a financial specialist as early as possible. If there is no solution in sight, debt counseling centers are available.



Note:

Banks may sometimes refuse debt restructuring etc. for economic reasons. In such case, a professional debt counseling center can assist you in negotiating a solution with your creditors. In the context of personal bankruptcy (which is a legal claim), the bank may not be able to recover any of its funds. If banks see you using professional guidance of a debt advisor, they are willing to adjust the loan conditions so that personal insolvency can be avoided.



Google: “Debt Counselling”

When seeking debt counselling services, it is crucial to verify whether the counselling centre holds **non-profit** status. The specific regulations regarding non-profit recognition may vary across EU countries.

are sufficient

For any inquiries or clarification, please consider contacting the respective organization. Typically, you can find relevant contact information in the website’s “Imprint” or legal notice section.

Failure to confirm the non-profit status of debt counselling centres may expose individuals to the risk of these centres seeking and, indeed, being obligated to generate profits. This situation can potentially lead to falling into a financial trap once again.

 Search

NOTE: Avoid incurring debt for items where you cannot be sure that the complete debt can be repaid upon sale, such as:

- Furniture and household items
- Cars with a depreciation rate exceeding the loan's value
- Vacations, leisure items, electronics
- Uncertain investments like stocks
- Real estate (for non-personal use) with a loan-to-value ratio exceeding 50%
- In the case of real estate with a 100% loan-to-value ratio (for personal use), the installment should not exceed what can be sustained even in the event of unemployment (at 70% salary).



Otherwise, even temporary job loss could lead to financial insecurity.

Regain self-confidence



You have already analyzed your financial plan and initiated any necessary changes.





Now the following principles apply:

- Accept the situation as it is
- Stick to your plan
- Regularly review your plan and see if any adjustments are needed
- Focus on what you have, not what you don't have



Believe in yourself and your strengths. If you find this challenging, consider a few coaching sessions.

In life, things will never be perfect. Inner peace should never be contingent upon external circumstances. You have done everything within your power. You are being frugal and taking care of yourself.

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

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Author: Sabrina Germann, bank clerk and alternative practitioner

Design & Translation: Lulu Jiang, Joy of Learning –
Gesundheitsbildung, Lerntherapie & Entwicklungsförderung München e.V.

Editorial: Sonja Sammer, Joy of Learning –
Gesundheitsbildung, Lerntherapie & Entwicklungsförderung München e.V.

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