

# Coping with money worries

## Are you struggling with financial stress and anxiety related to COVID-19? Feeling helpless and like things are spinning out of control?

Breathe. What you're feeling is normal under the circumstances. Push pause for a moment and assess where you are at. Perspective is the greatest antidote to panic. You can take steps now to build financial resilience. Here are some practical ways to cope with money worries.



- **Talk it through** with someone who knows about financial planning.
- **Assess what you have and what you owe.** Take stock of your assets and your debts and liabilities.
- **Plan and prioritise.** Decide what is most important: what to keep, what to change, what to let go.
- **Take control, take action.** Monitor and reduce your spending where possible. Look after and maintain your current assets.
- **Financial assistance is available** through the government COVID-19 support packages for families, workers and businesses. Look into it - visit [www.intaff.gov.ck](http://www.intaff.gov.ck)
- **Be open to new ideas.** Look at innovative ways of managing your way through this. Explore reciprocal arrangements with others, job sharing or being self-sustainable.
- **Think big picture.** Adjust and adapt. But now is not the time to make drastic decisions. Envision what you want long term and the small steps you need to take to get there.
- **Use positive coping strategies.** It is hard to make well thought out decisions under stress. Drinking will not remove the problem, so best to avoid it. Focus on things within your control - honour the needs of your body, mind, spirit and environment.
- **You always have value.** Remember, your true value cannot be measured in money. Identify what's important to you in life and what makes you feel secure and safe. If you want to feel rich, count the things you have that money can't buy. Your family, your friends, your faith.
- **Ask for help and professional advice for a fresh perspective.** There's nothing wrong with a bit of help to get a good night's sleep or to give you a break from your stress. You don't have to struggle on your own. We are all in this together.