



HOW TO FEEL LESS **ANXIOUS**

# about money

**Money worries** can hang around us like a **dark cloud**.  
How do we let the **sunshine** come through?

1

## Create a **BUDGET**



Make a budget so you know where your money is going.

2

## Build an **EMERGENCY FUND**



Set aside money to be used as a fallback for emergencies such as car repairs.

4

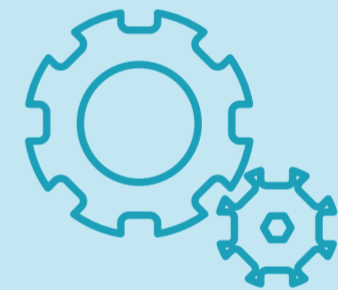
## Stop **DOOMSCROLLING**



Stop reading all the gloomy news. Less screen time will help ease money anxiety.

3

## **AUTOMATE** your life



Set up direct debit for bills and never endure a late payment fee again.

5

## Pay down your **DEBTS**



So you're not constantly worried about money owed.

6

## See a **FINANCIAL ADVISOR**



They can help you get control of your money.

8

## Make time for **YOURSELF**



Find time for hobbies so you're not just sitting home worrying about money.

7

## Look into **GOVERNMENT BENEFITS**



Find out if you're eligible for payments such as JobSeeker or other financial assistance.

These simple tips can help you feel more **confident** about money and gain **control** of your spending - which means **less anxiety**.



**cua**

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