

Keeping the Lid On Financial Stress Part III

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WHAT CAN I DO TO PUT AN END TO FINANCIAL STRESS?

- Explore your values—the basic beliefs that guide your life. Write them down and discuss them with your partner and family. Compare your values with your spending behavior. You are likely to feel anxious and disappointed in yourself where the values are out of synch.
- Set goals for all areas of your life, including money.
- Make a plan to change your behavior in relationship to money. Identify the specific steps you need to bring your spending and saving behavior in line with your values.
- Develop a budget that includes every dollar you earn and spend. Include monthly obligations and necessities, such as health and car insurance.
- Set up a plan to get out of debt. If you need to, get help from Debtors Anonymous or a nonprofit credit counseling agency.
- Don't buy anything on credit except in an emergency.
- Discriminate between what you want and what you need. Only buy things that you truly need.
- If you buy something on impulse that you don't need, return the item right away.
- Avoid buying something that needs maintenance or accessories that will lead to additional expenses.
- At holiday time, make an agreement with your family and friends to place a limit on spending for gifts.
- Consider learning new skills to enable you to earn more money.
- Admit that you can't afford to buy certain items, and don't buy them.
- Increase your appreciation for what you have by volunteering your time to help others who are in need.

Source: <http://www.nku.edu/~hcp/FINANCIAL%20STRES.htm>

Call Solutions EAP at 800-526-3485, we have a direct connection with American Consumer Credit Counseling. You will receive a free Debt and Budget evaluation from trained counselors. Each ACCC counselor develops solutions, which are in the best interest of the client. The actual solution for many people is NOT to enroll in the ACCC Debt Management Plan. ACCC counselors discuss all alternatives from adding income, liquidating unneeded assets, bankruptcy alternatives if appropriate, avoidance of additional debt and many others. All ACCC Counselors are fully trained internally and must also complete an independent 3rd party certification exam within one year of their date of employment. ACCC counselors are encouraged to spend as much time as possible with each and every consumer that contacts us. ACCC counselors are not, nor have they ever been compensated based on the outcome of the counseling session.

Call Solutions EAP to speak with one of our EAP Counselors to cope with the stress involved if you have overwhelming money worries. Even if you have taken steps to address your specific money troubles, it still may be affecting your stress level, your sleep patterns, your relationships, and your work performance. Our EAP counselors can help you with effective strategies for these issues.

Call Solutions EAP at 1-800-526-3485 for assistance for all of life's challenges.

It's free, confidential and open to your family members.

Check us out on-line at www.solutions-eap.com