

# How to Manage Your Financial Anxiety and Stress

## Positive Thinking

- focus on your strengths
- stay calm and focus on the good



## Realign Your Budget

- Know where your money comes from - income.
- Know where your money goes - expenses.



## Create a Financial Calendar

- List of your fixed yearly expenses.
- Plan for unexpected expenses like car repairs, medical bills, etc.



## Educate Yourself

- Learn Healthy Financial Habits like budget tracking, automating savings, and prioritizing goals.



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