

# Financial Wellbeing

## ADVICE & GUIDANCE

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### What is Financial Wellbeing?

Financial wellbeing, is the process of **feeling secure and in control** of your finances - but put simply, it's about having a good relationship with money.

### Why is Financial Wellbeing Important?

Financial wellbeing is vital for all. Financial stress can impact mental wellbeing, leading to relationship breakdowns, and contributing to physical health issues. These repercussions can then have a knock-on effect on organisations, communities and the economy as a whole.

### Financial Wellbeing includes:

-  Budgeting and seeking debt advice.
-  Living within your means.
-  Consistently saving money.

Scan/Click the QR code to access a range of regularly updated resources to enhance your financial situation.



Tel: 01752 437177  
livewell.workplacehealth@nhs.net  
www.livewellworkplacehealth.co.uk

**Livewell**  
Southwest