

Financial Stress Due to COVID-19

If you are experiencing financial stress due to COVID-19, you may be tempted to use unhealthy coping behaviors to manage your stress. While these behaviors may feel like stress reducers at first, they may ultimately add more anxiety to your life. Common unhealthy coping behaviors include:

- ▶ Overeating
- ▶ Excessive drinking
- ▶ Overuse of over-the-counter medications or legal drugs
- ▶ Excess caffeine consumption
- ▶ Smoking
- ▶ Gambling
- ▶ Shopping

Over time, unhealthy coping behaviors may lead to health complications, emotional stress, and even more financial worries. Instead of helping, these behaviors could make the situation worse.

If you are experiencing financial stress, these tips may help:

- ▶ Look into any resources your employer may provide related to managing financial issues.
- ▶ Contact your creditors and explain your situation. Some creditors are offering assistance to those who have been affected.



In addition, it is important to focus on healthy ways to cope with stress, financial and otherwise. These include:

- ▶ Exercising
- ▶ Eating healthy foods
- ▶ Listening to calming music
- ▶ Taking a long walk
- ▶ Writing in a journal
- ▶ Doing yoga
- ▶ Using meditation or breathing techniques
- ▶ Reading
- ▶ Talking to a trusted friend or family member

LifeMatters is available to provide emotional support and practical resources to help you cope with COVID-19's impact on your life. In addition, the LifeMatters Financial Consultation Service can assist with restructuring your budget, debt management, and other financial issues. Call 24/7/365.

Source: Life Advantages

Call **LifeMatters®** by Empathia toll-free anytime. **1-800-367-7474**

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