

Money and Mental Health

Worrying about money can negatively impact your mental health and in turn your mental health can affect how you manage your money. It is important to organise and maintain control of your finances in order to ensure they do not become overwhelming.

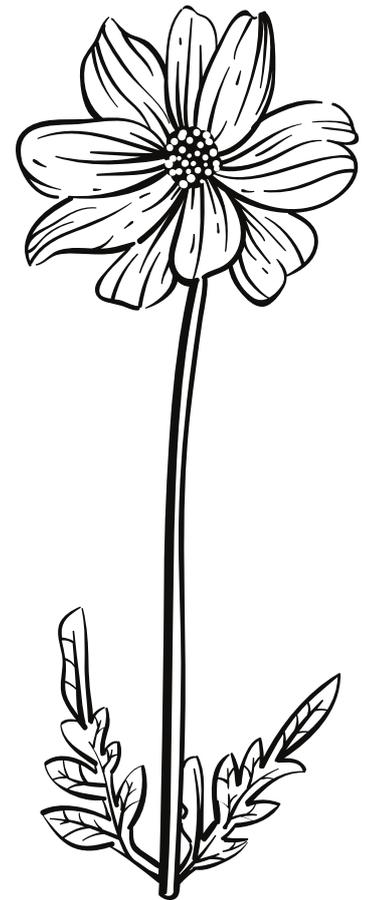
There are many reasons why we may develop a negative relationship with money. This may be due to a change in circumstances, whether this is something within or out of our control, and even a change in mood can effect our spending habits.

It is important to develop an awareness of when this happens so you can better manage any arising financial situations and in turn better manage your mental health.

Firstly, take time to organise your finances. Have a dedicated space for all of your important documents so you can easily find and check any information. This could be letters, bank statements, payslips, bills and receipts.

Check your bank balance at a regular, set time so you are aware of what you are spending your money on and how much you have remaining. Be mindful that this may initially induce some feelings of discomfort and anxiety, take time to recognise and feel your way through these emotions, it can be helpful to journal on where these emotions are coming from, forgive yourself for feeling them and commit to making better financial decisions for the future.

Recognise, forgive and commit to positive changes



“There's so many things that life is, and no matter how many breakthroughs, trials will exist and we're going to get through it. Just be strong.”

- **Mary J. Blige, Singer and Actress**

Undertake a financial audit and create a budget

Remaining in control of your finances can help ease any burden that money may be bringing at this time.

- ◆ Audit your current finances by making a note of your outgoings and any incoming revenue. Have a clear understanding of your weekly and monthly spends.
- ◆ Set achievable goals for yourself that enables you to both acquire necessities and also have spend for things that are meaningful to you. It is important to treat yourself to things that make you feel good whilst living within your means.
- ◆ Refrain from setting unrealistic boundaries and exceptions around spending. Be mindful of any judgement that you put on yourself when spending.

Not everything is within our control, focus your attention on what you can control. Take small steps and implement small changes to work towards positive financial goals.



Seek support if needed

If you feel the weight of financial burden becomes too overwhelming seek support. Speak to a friend or family member, visit your GP if financial worries are affecting your mental health or reach out Citizens Advice. You could get free advice on your rights around money, housing and legal problems.