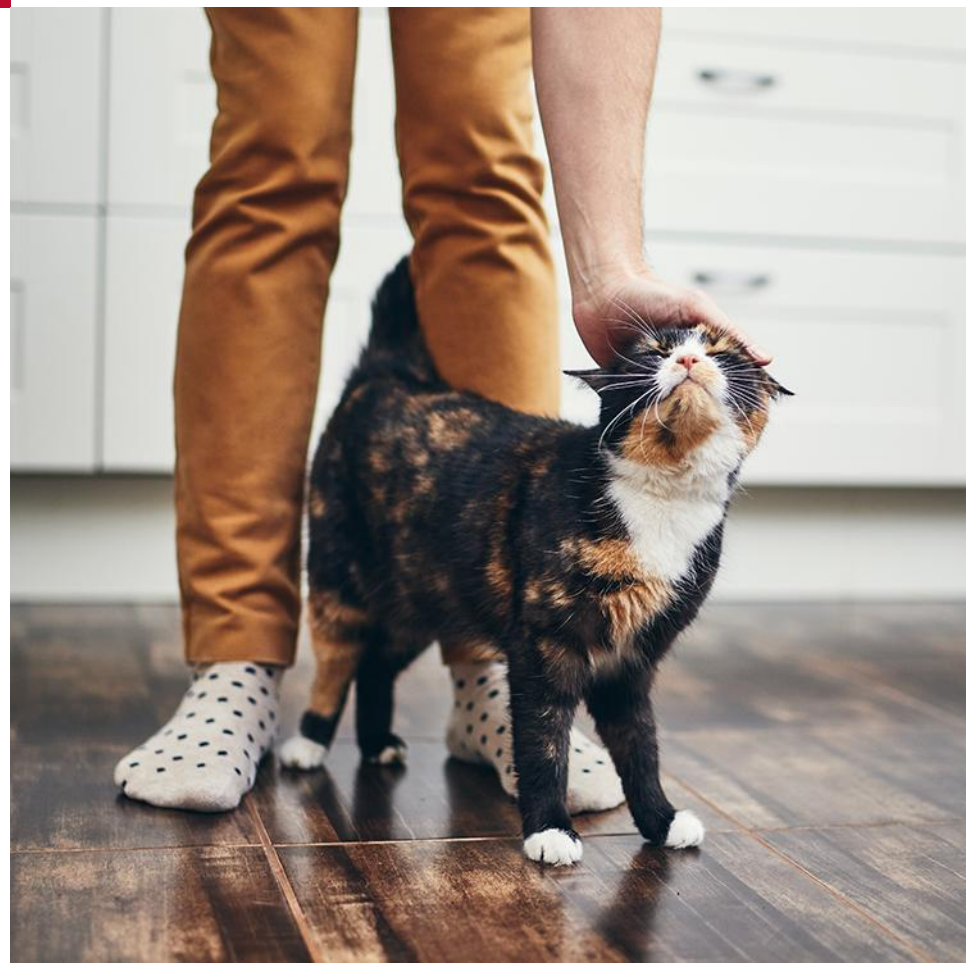
November 2026



Financial Stress

Financial stress can impact anyone – from the student who sees their loans and debt piling up, to individuals wondering how they will ever be able to retire without sufficient savings. For many, it's stressful to even think about, but avoidance keeps this stressor in the back of your mind all of the time, affecting your health and wellbeing.

Clearly understanding your current income and expenses and creating a financial plan going forward can provide a sense of control. No matter your situation, remember that you are not alone and that there are options and resources available to you.

Visit the **Financial stress** page on the *Workplace Strategies for Mental Health** website for resources to help cope with financial stress and take control of your situation.

*Visit clwsmh.com to access Workplace Strategies for Mental Health free tools and resources

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