

FINANCIAL WELLBEING TOOLKIT

This document is designed to help you take some small steps, and consider making some larger changes (where possible), to support your sense of financial wellbeing.

As you work through this document, you may have to ask yourself some difficult questions, like; is my income greater than my expenses? Can I reduce my bills/expenses? Am I able to save? What do I **want** to change? And, what **needs** to change?

CREATING YOUR BUDGET

- Gather information about your **income**
- Gather information about your **regular expenses**
- Gather information about **outstanding borrowing**
- Gather information about your **day-to-day spending**
- Decide which ones are **priority bills**
- Include irregular/**one-off spending** too
- It's important to budget for **treats & rewards**
- Budget for **emergencies** too

Download our
complimentary
budgeting
spreadsheet



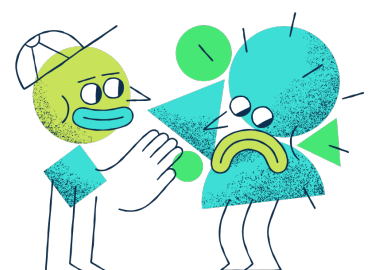
WHAT IS FINANCIAL RESILIENCE?

"The ability to cope financially when faced with a sudden fall in income or unavoidable rise in expenditure." (ONS 2020)

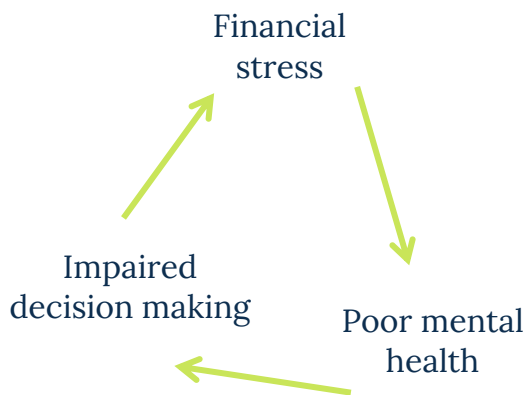
REACHING OUT FOR HELP

If you're struggling with your finances, it's best to approach the issue head on:

- Talk to someone you trust
- Think about what you want to say in advance
- Be clear about the issues you're facing and the help you need
- Have the conversation at a time when you're not feeling stressed, angry, or rushed
- If you don't get the support you need, try again - there are plenty of organisations that can help ([see next page](#))



HOW MONEY IMPACTS YOUR MENTAL HEALTH



Worrying about money can be extremely stressful. It may be the only thing we can think of, making it hard to focus and resulting in us finding it even more challenging to manage our money.

This can be debilitating and create the feeling of being stuck in a vicious cycle. These feelings can impact our mental health by affecting our thoughts, your emotions and behaviours.

It can help to identify some of these thoughts and feelings.

ASK YOURSELF

What feelings do you have about money?

What do you find challenging about money?

How do your finances affect your mental health?

BUILD MONEY CONFIDENCE

- Improve your financial knowledge – knowledge helps us feel empowered
- Try not to avoid your financial situation – procrastination will only make things worse
- Make small changes regularly – small changes add up over time
- Be kind to yourself – it's a difficult time to be managing money so offer yourself some compassion
- Celebrate your wins – even if they are small. If you've managed to make a saving somewhere or stuck to your budget allow yourself to feel good about that

RESOURCES



FINANCIAL ADVICE

[Unbiased.co.uk](https://www.unbiased.co.uk)



FINANCIAL GUIDANCE

[Money Helper](https://www.moneyhelper.org.uk)

[Citizens Advice](https://www.citizensadvice.org.uk)

[Money to the masses](https://www.moneytothemasses.org)

[Money Saving Expert](https://www.moneysavingexpert.com)



DEBT SUPPORT

[StepChange](https://www.stepchange.org)

[National Debtline](https://www.nationaldebtline.org)

[Christians Against Poverty](https://www.christiansagainstopoverty.org)



OTHER RESOURCES

[Plum](https://www.plum.com)

Starling / Monzo / Revolut

[BBC Money Personality Quiz](https://www.bbc.com/news/health-56888888)