



# LIVING WELL MONTH FINANCIAL WELLNESS

National Living Well Month celebrates the efforts of Family and Consumer Sciences (FCS) Agents to help you improve your life and strengthen families through educational programs offered by NC Cooperative Extension service in all 100 counties and the Eastern Band of Cherokee.

To learn more about these topics, find related resources and educational programs, contact your county FCS Agent. Find them at [go.ncsu.edu/extension-county-centers](http://go.ncsu.edu/extension-county-centers)

Just like going for a wellness checkup with your doctor, checking in on your financials is an important part of a well-rounded healthy lifestyle. The 2017 Stress in America Survey revealed that 62% of Americans reported money was a significant source of stress in their lives. This is nothing new because year after year money is the number one source of stress for individuals at any age. The side effects of poor financial health include stress-related illness, decreased work productivity, absenteeism, marital discord, depression and anxiety. Our financial wellness is directly correlated with our health and it is important to keep both in balance.



## March 24th-30th Daily Challenge

- Sunday** Find time to go outside and appreciate nature today.
- Monday** Write 5 positive things about yourself, say them out loud, and post where you can see them everyday.
- Tuesday** Have a plant-based meal today like a tomato-lentil soup or pasta with spinach and beans.
- Wednesday** Schedule any doctor's visits, exams, or check ups you have been postponing.
- Thursday** Do 10 push-ups (or modified push-ups) and 10 leg lifts today. Repeat every other day.
- Friday** Declutter your inbox. Check emails and delete as many old ones as you can in 5-10 minutes.
- Saturday** Have a meal that includes 3 of the 5 food groups (Fruit, veggie, grain, dairy, protein)

- ### Tips for Financial Wellness
- **Balance:** Learn to live within your means.
  - **Ask:** Explore financial information and decide what choice makes the most sense for you
  - **Plan:** Connect your aspirations for the future to concrete plans
  - **Act:** Activate your decisions through well-thought out actions to set yourself up for success



Notes:



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