



In recognition of Mental Health Awareness Month

Money Matters:

Why Your Financial Well-Being is Key to Mental Health



Nearly 3 in 4 employees (71%) report that money-related stress negatively affects both their work and personal lives.*

We want to live our best lives, but financial worries can take a toll on our mental health and overall well-being. For many of us, balancing finances while also dealing with the emotional strains of everyday life can be especially challenging. That's why taking steps to reduce financial stress is crucial to achieving a happier, healthier you. Prioritizing financial well-being can alleviate some of the burdens that come with managing money. With that, we have helpful resources and potential next steps.

"[My Money Coach] takes into account the myriad of issues affecting finances, from a holistic point of view. My health both physical and mental is better, and it is not a surprise that this has gone along with my financial wellness."

– MSA Member



Check out the **Stress & Psychology** section of our blog for more resources.

Don't face financial stress alone.

Schedule a session with a compassionate Money Coach today for the support you need to achieve greater financial stability and peace of mind.

middlebury.mysecureadvantage.com/schedule

*State of the Workplace II Financial Benefits Study, Morgan Stanley Smith Barney LLC., 2022, morganstanley.com/content/dam/msdotcom/atwork/state-of-workplace-financial-benefits-study-results-2022/state-of-the-workplace-study.pdf. Accessed 16 Dec. 2022.
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