CONVERSATIONS WITH CAREGIVERS

FINANCIAL WELLNESS

Financial Wellness: recognizing money as a source of empowerment which maximizes physical, mental, and emotional health by reducing financial problems.

TIPS: IMPORTANT STRATEGIES

- Analyze your relationship with money - think about your thoughts, feelings and attitude towards your finances.

- Determine the state of your current finances, and communicate with your partner or family about your financial situation.

- Once those expenses are identified, take another look at your daily and monthly spending. Account for every single penny to find out where your money is going.

TAKEAWAYS: THINGS TO REMEMBER

- Many people get into serious financial troubles because they don’t understand their relationship with money.

- Think about how you relate to money.

- Educating yourself about how finances work is important, and it’s important to teach your children as well.

- Having a budget and a plan for the future helps ease your money worries.

RELATED PSYCHARMOR COURSES:

- Why Financial Wellness Matters
- Is Your Financial House in Order?
- Financial Wellness Overview

FACILITATORS:

MICHELLE POMPOS, Hope for the Warriors
Certified Financial Social Worker
Veteran Spouse
Gold Star & Families of the Fallen Liaison

ISA MARIE MCINTYRE, Farmer Veteran Coalition
Project Coordinator
Army Veteran
Army Spouse
Veteran Caregiver

Military & Veteran Caregiver Resources

HOPE for the Warriors
Military OneSource
Take Charge America
Yellow Ribbon Fund
Disabled American Veterans
Fallen Patriots Foundation
Operation Homefront

PsychArmor Support Line: 1-844-779-2427

SPONSORED BY USAA
PSYCHARMOR.ORG