

SELFCARE FOR FINANCIAL WORRIES



ANALYZE YOUR SITUATION

1. List your income and expenses.
2. Identify expenses to reduce or avoid.
3. Compare your assets and debts.



CHANGE YOUR SITUATION

- If income is insufficient:
 - Seek trusted advice.
 - Explore social benefits.
 - Consider working more.
- If expenses are out of control (tobacco, alcohol, shopping):
 - Join our "Better Habits" course on Remote-health.eu.
 - Talk to someone.
 - Consider coaching or therapy.
- If loan installments are too high:
 - Negotiate with your bank.
 - Seek debt consultation soon.



REGAIN SELF-CONFIDENCE

- Accept your situation.
- Stick to your plan.
- Review and adjust your plan regularly.
- Focus on what you have.

You should have trust in yourself and you can achieve it.



Co-funded by
the European Union



The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.