

Money Smarts

Whether your credit card balances are soaring, or you and your partner are arguing constantly over nickels and dimes, there are things you can do to relieve financial stress.

- Take a breather: focus on what you have, not on how much you're lacking
- Talk it out: if conflicts with your significant other over money matters are a primary source of stress, talk it over honestly and openly
- Take action: set up a budget, stop taking on new debt, and get help if you need



Monthly Webinar Series

Budgeting Basics: Financial Wellness is Within Reach!

Ever wonder where all your money goes? Are you tired of living paycheck to paycheck? Do you want to take the money fights out of your marriage? Maybe you just have that nagging feeling that you could be handling your finances better. Most of us know what we should be doing – saving more money, spending less on credit – but we don't always know how to implement a plan to move towards financial wellness. A personal monthly budget is the tool that will bring order out of financial chaos.

[Log-in](#) any time this month to watch the webinar and ask the expert questions!



Points to Ponder

Did you know you have access to hundreds of [financial calculators](#) that can help you with decisions about all aspects of finance, from mortgage refinance to buying versus leasing a car? Why not try one today!

- [Home Budget Analysis](#)
- [Lunch Savings](#)
- [Emergency Savings](#)
- [Accelerated Debt Payoff](#)
- [Retirement Nestegg](#)

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