

# Financial Management

Financial stress can affect more than just your wallet; it can have a ripple effect, impacting your mental health. The relationship between mental health and finances in some instances are linked. Experiencing difficulties with your mental health may contribute to financial difficulties, and vice versa. If you're concerned about your finances, you're not alone. Many aren't saving enough money for retirement, or emergencies. For some, the pandemic has caused further financial stress. So what can be done to lower your financial stress? The first step in taking control of your financial management is defining your money beliefs and your financial goals, both short-term and long-term.

To kick off the theme for the next two weeks we have provided you with a live webinar, Successful Money Management on **Monday, June 15 at 1:00 PM EDT**. This session will guide you through the process of tracking your spending so that you understand how you currently spend money. You'll examine your obstacles to reaching your financial goals as you learn how to manage your debt and develop a personal strategy for taking control of your finances. This is a Workplace Options session for anyone to attend in Canada or the U.S. Please note that you will need to register. Register via the link below:

- <https://register.gotowebinar.com/register/8249871445531822096>

The session will be recorded and will be made available for those unable to attend.

In addition to the webinar we also have the follow resources available for you:

- [How to manage your personal finances during the COVID-19 crisis](#)
- [How Taking Care of Your Finances Can Reduce Your Stress Level](#)
- [Your Financial Toolkit](#)
- [Budgeting While Unemployed](#)
- [How to spot phishing scams arising from COVID-19](#)
- [Your Pandemic Financial Survival Kit What To Do, What To Avoid, And Handling Change](#)

Please remember that you are not alone during this time. Reach out to family, friends, co-workers, your supervisor or any leaders within the organization as we are here to help. You can also speak to our EFAP provider.

Access your EFAP 24/7 by phone, web or mobile app:

## Canada:

- Call 1-877-847-4525
- Email [support@resourcesforyourlife.com](mailto:support@resourcesforyourlife.com)
- Visit <http://ca.resourcesforyourlife.com>
- COMPANY CODE: BMWeCare
- Download the 'ICONNECT YOU' app from the App Store or Google Play
- PASSCODE: 149301

## United States:

- Call 1-800-466-8282
- Access Code 8282
- Visit [www.AlternativesEAP.com](http://www.AlternativesEAP.com)
- Download the 'Alternative EAP' app from the App Store or Google Play

