

# Manage stress, manage money

Build financial habits that support your peace of mind



## Notice your stress

Pay attention to when money worries start to affect your mood, behavior, and relationships.



## Take a moment

Pause and take a few deep breaths to help yourself reset and relax.



## Prioritize needs

Look at your budget, and focus on what's most important. Let go of things you don't really need.



## Get support

Lean on resources like Headspace to help you manage stress and work through tough financial times.



## Think small steps

Even daily actions can make a big difference. Keep going — you're on the right track.



Get started with Headspace\* for more resources:  
Log into [compassgroup.bswift.com](https://compassgroup.bswift.com) and click "Headspace"  
for your unique enrollment link.



\*Headspace is available to full-time and part-time Associates.