

# Finding Balance

Week 5: Money and stress



## Examining your expenses

If you have financial concerns, you have plenty of company – money is one of the leading sources of stress in America.\* You can't avoid rent, mortgage, or monthly bills, but can you cut down on any other expenses?

This week, you'll learn how simply paying attention to where your money goes can be a big help. And as you can see in this list of [12 ways to fight financial stress](#), there's a lot more you can do. Some ideas include:

- Making a budget and sticking to it
- Cooking at home instead of eating out
- Simply talking to a loved one about money issues



### 10 tips for getting out of debt

Debt can have a serious impact on your health. Take a look at these [tips for getting out of debt](#) and feel better in the process.



Open your stress management workbook and start the week 5 activity.

\*Stress in America: The Impact of Discrimination, American Psychological Association, stressinamerica.org, March 10, 2016.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232