



Mental wealth first aid kit

For this year's World Mental Health Day, we encourage you to take charge of your mental wealth and wellbeing.

Head to the nudge platform to find mental and financial wellbeing support available to you.





Mental wealth first aid kit



Invest in your mental wealth by taking these simple actions:

1. Make a list of things that concern you most

Take a moment to jot down the financial concerns that weigh on your mind at this very moment. While it may not be possible to tackle everything immediately, simply gaining clarity and understanding where to focus your efforts will give you a sense of progress and demonstrate your commitment to nurturing both your financial and mental health.

3. Track your spending using the nudge budget planner

The first step to taking control of your finances is creating a budget and sticking to it. It will take a little effort, but it's a great way to get a quick snapshot of the money you have coming in and going out. The budget planner in nudge will help you prioritise what actions to take now to stay on track.

5. Set up direct debits/automate payments to make sure you pay bills on time

Setting up automated payments can make paying bills on time easier, reduce financial anxiety and free up time to manage your financial life.

2. Identify any unhealthy spending habits and plan on how to avoid it

To spend less and save more, be mindful of common budget leaks like dining out, shopping sprees, and daily lattes. Also, watch out for unused services or memberships, shopping without a list or meal plan, applying for store credit cards for discounts, or subscribing to too many retail newsletters that tempt you to buy frequently.

4. Talk to your loved ones about money

Even if we can't change our finances, confiding in someone we trust who is not directly involved can provide solace and ease the feeling of isolation and overwhelm. It may even reveal fresh perspectives for moving forward. Don't forget that you can share articles from nudge with friends and family to open up the conversation.

Here's how nudge can help:

- ✓ Access nudge to set up your profile and select your interest to make sure you get personalised, timely nudges
- ✓ Share articles with friends, family and loved ones to open the conversation about money
- ✓ Complete your Financial Health Checkup
- ✓ Choose from stories and tools to take action



Helpful Articles:

- Managing your money and mental health
- How to avoid money worries taking a toll on our mental health
- Seven stages of financial wellbeing: how to improve your finances and mental health
- 7 stages of financial wellbeing
- Managing financial stress

Helpful Stories:

- Money and Mental Health
- Creating a budget
- Financial planning and goal setting
- Managing and understanding debt

