



FINANCIAL WELLNESS: BUILDING CONFIDENCE WITH YOUR MONEY



► TAKE CONTROL

Financial well-being isn't built all at once. It's shaped by small, everyday choices—what you spend, save, or prioritize. Focusing on one decision at a time can help you feel more in control without becoming overwhelmed.

► CREATE A SIMPLE ROUTINE

Consistency matters more than perfection. Setting aside even a few minutes each week to check in with your finances can build awareness and reduce uncertainty. A simple routine helps you stay organized and confide



► SEPARATE NEEDS FROM HABITS

Not all spending is intentional. Taking a closer look at recurring purchases or habits can help you better understand where your money is going. Small adjustments over time can free up space for what matters most.



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► PLAN FOR WHAT'S AHEAD

Looking ahead—even in small ways—can reduce pressure later. Planning for upcoming expenses like events, bills, or seasonal costs helps you feel more prepared and less reactive when they arise.

► FOCUS ON PROGRESS

Financial wellness isn't about getting everything right. It's about making steady progress over time. Even small improvements—like saving a little more or spending more intentionally—can build confidence.



► CONNECT TO YOUR GOALS

Your finances should support your life, not control it. Thinking about what matters most to you—whether it's stability, experiences, or future plans—can help guide your financial decisions in a meaningful way.

HOW BREE HEALTH CAN HELP

Bree Health offers confidential support, coaching, and wellness resources to support your mental well-being. Log in through the Bree Health mobile app or visit us online anytime to connect with care that meets your needs.