

# Money WORRIES

The COVID-19 pandemic has introduced uncertainty and anxiety in our daily lives. If you have anxiety over the effect of COVID-19 on your personal finances, know that you are not alone.



**51%**

51% of Americans feel at least somewhat anxious about their financial situation following the coronavirus outbreak

## FINANCIAL CONCERNS

*Here are a few examples of financial concerns that people are experiencing as a result of the pandemic:*



**JOB LOSS**



**FEWER WORK HOURS OR REDUCED PAY**



**INABILITY TO MEET FINANCIAL OBLIGATIONS OR ESSENTIAL NEEDS**



**REDUCED SAVINGS CONTRIBUTIONS**



**LEAVING THE WORKFORCE TO CARE FOR CHILDREN OR RELATIVES**



**NEEDING TO TAKE ON MORE DEBT**



**LACK OF EMERGENCY SAVINGS**

**DID YOU KNOW...**

Studies have shown that financial stress is often associated with an increase in family conflict or stress



## HELP IS AVAILABLE

Although the pandemic has introduced many obstacles, it has not eliminated our ability to support one another.



**RESEARCH YOUR AVAILABLE RESOURCES**

Research government assistance programs or relief packages that you may qualify for.



**CALL YOUR CREDIT UNION**

Alert your financial institution to any financial emergency you are experiencing. Your credit union can connect you with a financial advisor or provide you with access to additional resources you may not be aware of.



**REACH OUT FOR SUPPORT**

Recovering from a financial emergency can be a long and complex process. You do not have to be alone in your struggle—seek out organizations that offer appropriate counseling and/or join a support group online.

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Sources: CNBC, Journal of Family and Economic Issues, SimplyWise, TIME