

# COMMUNICATING ABOUT FINANCES DURING COVID-19

During this time, you might find yourself anxious about the financial well-being of your family. You may find yourself being asked to make sacrifices or to help support the family, and this can feel uncomfortable or scary.

Here are a few tips to help start a conversation about finances.

## WHAT'S GOING ON?

Are you losing sleep because there's been a layoff in the family or find yourself wondering how your family may get by? Let those close to you know. By inviting this conversation with loved ones, you understand your situation better and find some peace of mind.

## WHAT DOES THIS MEAN?

While things may not be ideal, having this conversation may reveal your family may already have a plan to cut expenses, collect unemployment, and seek out leniency from service providers during COVID-19 to weather this financial storm.

## SENSE OF CONTROL

You may be feeling anxious due to financial stress and the amount of uncertainty that lies ahead. That's okay! It is easy to feel overwhelmed by the unknown. Make an effort to refocus on things you can control (day to day tasks, meals, exercise).

## HOW CAN I HELP?

Knowing how difficult things may be for your loved ones, you may feel the urge to contribute in some way. While you may not be able to help financially, there may be some tasks you can do around the house to help relieve stress.