



You're Not Alone

Understanding Financial Stress at Work

In quiet moments—or in the middle of your workday—you may find yourself thinking about money. Whether it's bills, savings, taxes, or simply trying to stay afloat, financial stress can be a heavy load. You're not imagining it. You're not the only one. And it matters.



What Employees Are Feeling Right Now

"I feel stuck, like I can't plan anything."

"I'm not sure if I should pause my retirement savings."

"I'm trying to keep it together, but my mind is always spinning."



What's Beneath the Surface

Financial stress doesn't always look dramatic. It can show up quietly:

- » Trouble focusing or making decisions
- » Avoiding phone calls or financial tasks
- » Feeling too overwhelmed to ask for help

Some people are looking for second jobs. Others are just trying to make it to Friday. All of these experiences are valid.



Struggling with Money Doesn't Mean You've Failed

It means you're human—and facing a system and a moment that's hard for a lot of people.

Stress around money can be tied to fear, shame, confusion, and uncertainty. But those feelings don't define you.



What Can Help

- » **Clarity:** Even one small insight—like understanding your cash flow—can give you breathing room. Try our Budgeting Guide: <https://bit.ly/4morQ7l>
- » **Support:** Tools, resources, and human guidance are available. You don't have to figure it out alone. See how your savings could grow over time: <https://bit.ly/4djHNHR>
- » **Compassion:** Be gentle with yourself. There is a path forward—and it doesn't have to start with a big leap.

Reach out to your HR or benefits team to learn what support is available—financial tools, coaching, education, or just a place to start. Whatever you're carrying, you don't have to carry it alone.

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