

# Dealing with Financial Stress

It's important to consider the effects of financial stress and to learn helpful strategies and actions you can take to alleviate that burden.

## Signs of Financial Stress

The American Psychological Association found that 72% of Americans feel stressed about money at least some of the time. If you are feeling financially stressed, you are not alone. This is especially true in college, where surveys have found 3 in 5 students report concerns about meeting basic needs. The signs of financial

- Trouble sleeping
- Fear/Anxiety
- Relationship Difficulties
- Unhealthy coping
- Shame
- Guilt
- Feelings of depression
- Isolation
- Feeling stuck

## Addressing Financial Concerns

Financial concerns can be particularly challenging to address. Below are some strategies and resources you can utilize to manage financial stress:



• Seek out campus support such as the OMA Food Pantry for essential resources if you need them.

• Speak with a mental health counselor to discuss effects on your mental health. Remember, CAPS services are free for enrolled students.

• If you're available to work, look up on-campus job listings on Handshake.

• Create a budget journal to record what you spend and why.

• Ask a friend for help. Peers can be a great source of support and information.

## Face Your Fears Head On

Stay proactive with your financial situation, budget, spending, and savings. This will help you from accruing debt and set you up for success. Also remember that you are not alone. Many people deal with financial insecurity at some point in their lives.

If you need assistance, look for a financial counselor who can help you address concerns head on. Additional resources include:

- National Foundation for Credit Counseling - [www.nfcc.org](http://www.nfcc.org)
- SU Student Financial Services Financial Literacy Resources - [www.seattleu.edu/sfs/financial-literacy/](http://www.seattleu.edu/sfs/financial-literacy/)
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• Set boundaries with friends on spending and financial discussions.

For example, "I'm trying to save right now, which is a challenge for me. Do you mind if we look for a cheaper alternative or discuss this topic later?"