

# Financial Well-Being Toolkit

Resources for our NFP clients and their employees

This **Financial Well-Being Toolkit** is designed to equip individuals with a comprehensive set of resources and support systems to navigate the financial challenges they may encounter while prioritizing their own well-being.

**Financial well-being** is an essential component of overall wellness and can be directly connected to our mental health & well-being, yet it can often be overlooked amidst life's demands.

- According to recent studies, approximately 70% of Americans report feeling stressed about money at least some of the time, highlighting the significant impact financial concerns can have on mental and emotional health.

**Financial health** encompasses more than just managing money—it involves making informed decisions, accessing resources, and planning for the future while maintaining stability and security.

Support for **financial well-being** may include:

- Budgeting tools and resources
- Financial planning workshops
- Access to financial assistance programs
- Insurance guidance
- Legal and financial planning services
- Financial counseling and support groups
- Tax assistance, and
- Employment and career support



By addressing financial needs and providing tools to navigate challenges, we aim to foster a culture of financial well-being. Just as mental thriving enhances joy, focus, and resilience, **financial well-being** empowers individuals to achieve their goals and prioritize overall well-being



# Resources

Review the following resources as you search for reputable and updated information to support your employees.

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## Websites and Articles

**Bloomberg:** [Bloomberg Wealth](#)

**Forbes:** [Why Financial Literacy is Important and How You Can Improve Yours](#)

**Harvard:** [Financial Literacy, Helping you Prepare for Life](#)

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## Podcasts

[Rich Habits Podcast](#)

[The Stacking Benjamin Show](#)

[Motley Fool Money](#)

[Planet Money](#)

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## Apps



[Rocketmoney](#)



[Goodbudget](#)



[Credit Karma](#)



[Nerd Wallet](#)

# Resources for Teens and Young Adults

Review the following resources as you search for reputable and updated information to support your employees.

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## Websites and Articles

**Forbes:**

[10 Essential Money Tips For Young Adults](#)

**FDIC**

[How Money Smart Are You](#)

**TIME**

[The Best Financial Advice For Young Adults](#)

**CNBC**

[Personal Finance 101: The complete guide to managing your money](#)

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## Podcasts

[Teen Money Matters](#)

[Young Finances](#)

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## Apps



[goalsetter](#)



[Greenlight](#)



[Copper](#)



[Cleo](#)

