

Manage stress, manage money

Build financial habits that support your peace of mind



Notice your stress

Pay attention to when money worries start to affect your mood, behavior, and relationships.



Take a moment

Pause and take a few deep breaths to help yourself reset and relax.



Prioritize needs

Look at your budget, and focus on what's most important. Let go of things you don't really need.



Get support

Lean on resources like Headspace to help you manage stress and work through tough financial times.



Think small steps

Even daily actions can make a big difference. Keep going — you're on the right track.



Get started with Headspace* for more resources:
Log into compassgroup.bswift.com and click "Headspace"
for your unique enrollment link.



*Headspace is available to full-time and part-time Associates.