



October

Financial Wellness



Finances are a significant stressor in many people's lives. Research shows people with financial stress are 20X more likely to attempt suicide than those not experiencing financial stress¹. Now, apply this to the inherent challenges in the construction industry where boom and busts, slowdowns, employment gaps, temporary work, job changes, and inconsistent pay are the norm, and you understand why construction workers feel financial stress. The good news is that honestly assessing your finances and boosting financial literacy can help prevent and alleviate the anxiety and depression that come with financial stress.

Talking Points

- **Tips for financial wellness**
 - **Self-care:** Your mental, physical, and spiritual health are your most valuable
 - **Self-Assessment:** What are your debts?
 - **Plan:** Create a budget
 - **Communicate:** You're not alone. A majority of Americans are stressed about their finances. Let your partners and co-workers know about your concerns.
- **If you are an employer or union manager, share available resources:**
 - **EAP Resources**
 - **On-Demand Benefits**
 - **Financial Educational Resources**

Your Toolbox



Financial Wellness Toolbox Talk



CSPP Make Things A Little Better Podcast



How Debt Affects Mental Health

Reliable Resources



**USAGov Contact Center-
Financial Hardship**



Consumer Financial Protection Bureau