

# Employee Assistance Program *Tip Sheet*

## Building Financial Resilience after Setbacks



Financial challenges can affect more than your bank account. They can influence your thoughts, feelings, and behaviors around money. Experiences like job loss, divorce, major illness, debt, housing instability, or growing up with financial insecurity can create financial trauma. For some, financial trauma may lead to anxiety, avoidance, or impulsive decisions. Recognizing this is the first step toward taking control.

Try these tips to strengthen your financial resilience:

- **Notice your triggers:** Pay attention to feelings or behaviors around money, like avoiding bills or impulsive spending. Awareness helps you respond intentionally.
- **Schedule regular check-ins:** Set aside 15–20 minutes weekly to review spending, bills, and upcoming expenses.
- **Automate savings:** Even small automatic contributions reduce stress and decision fatigue.
- **Pause before big decisions:** Give yourself at least 24 hours before making non-essential purchases to avoid emotionally driven choices.
- **Shift your mindset:** Treat financial setbacks as learning opportunities rather than personal failure. Focus on building skills over time.
- **Seek guidance without shame:** Not everyone is taught how to manage money growing up, and even if you were, managing unforeseen circumstances can be complex. Consider reaching out to the Employee Assistance Program for trusted financial guidance or confidential support, tools, and referrals to help you move forward with confidence.

Financial resilience is built over time through small, consistent steps. As you strengthen both your mindset and money skills, remember you don't have to figure it all out alone.

Reference: *Therapist.com. Financial trauma: How money trouble can affect mental health.* <https://therapist.com/trauma/financial-trauma/>

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