How to Lower Your Financial Stress

Money worries are among the most common sources of personal and family stress, according to Consumer Federation of America (CFA).

Living with too much of any kind of pressure on a daily basis can take an emotional and physical toll, contributing to sleepless nights, backaches or headaches or, over time, even life-threatening diseases, such as high blood pressure or heart disease.

Whether your credit card balances are soaring, or you and your partner are arguing constantly over nickels and dimes, there are things you can do to relieve financial stress.

The CFA suggests taking these steps to ease money-related stress...

Did You Know?

You have access to hundreds of financial tools to help you not only manage your spending and savings, but handle the stress that may come along with financial worries.

Log-in to get help today...

Identity Theft: What Can You Do About It?

Identity Theft is the fastest growing crime in America. Over 15 million consumers were victims of identity theft or fraud in 2017. The average fraud amount per victim was $1,038. In this webinar, you will learn what identity theft is and how to prevent it. What you should watch out for in your email? What about suspicious text messages? Learn the red flags. And know what to do if it happens to you.

Log-in any time this month to watch the webinar and ask the expert questions!