



Financial Tip:

Financial Self Care: (referenced from Reeta Wolfsohn, Director of the Center for Financial Social Work)

Most magazine, social media sites, blogs and talk shows discuss the importance of self-care. They are referring to personal self-care which is so important. However, ***financial self-care*** is an important part of personal self-care because financial problems impact every area of your life. Can you identify one or more ways you can begin to practice financial self-care?

Example: putting your determination to control household spending above your child's ever changing wish list. Give your child an allowance for making his own spending choices. Except for the allowance, this takes his "wants" out of your household spending budget and teaches a valuable lesson.

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