



February feature – Financial Resilience

Financial resilience is the ability to weather life events that can negatively affect your finances -- a health problem, a divorce, an unexpected major expense, maybe a downturn in the stock market. How financially resilient are you?

Boost your financial resilience and you'll be better able to handle bumps in the road or face a significant financial challenge, but you'll also reduce your money worries. Whether you have questions about managing your money or concerns about building a strong financial future, contact **inConfidence** any time, 24/7. A professional consultant can work with you to set goals, develop strategies to take control of your money, and build your financial resilience.

You can also log in any time to www.myinconfidence.ca to:

- listen to a **NEW** podcast, [Building Your Financial Resilience](#), featuring Barbara O'Neill, Distinguished Professor and Specialist in Financial Resource Management at Rutgers Cooperative Extension.
- read articles: [Quick Tips to Reduce Your Debt](#), [Choosing a Financial Planner](#), [Coping as a Family During a Financial Crisis](#), [Coping with Uncertain Financial Times](#)
- view two **NEW** infographics: [Taking Charge of Your Money](#), [Avoiding Money Conflicts as a Couple](#)

Remember: Financial wellness is just as important as emotional and physical wellness. Strengthening your financial resilience can reduce financial stress and improve your overall well-being.

Call inConfidence toll-free, any time: 1-877-418-2181

TTY: 1-877-371-9978

You can also visit www.myinconfidence.ca
(username: NSSBA; password: inconfidence).

