

Reduce money stress with these simple steps

If the number one stress in your life is money-related then you're not alone. Research has shown that financial stress is the top concern for UK employees.

The good news is that it can actually be relatively easy to reduce your stress levels if you know how to make a few simple tweaks.

[Click here to
get started!](#)



Know the cause...

It's hard to fix a problem without knowing what the cause is. There are many ways money can cause stress, but they often fall into three types of stress:

Stress about not having enough to cover today

- Not being able to pay your bills on time
- Feeling overwhelmed by debt

Stress about not being prepared for the future

- Worry about your children's financial future
- Not sure how you would cover a big expense

Stress about not feeling in total control

- Difficulty keeping track of everything
- Shame that you are stressed about money when others 'have it sorted'

All of these are understandable and common reasons to worry, but that doesn't mean you have to continue worrying. Work out which of these areas is causing the most stress for you and click to see if our suggestions we can help relieve some of the stress.

Stress about not having enough to cover today

If your stress is mostly about the fact that you feel like you don't have enough money to make it through the month, it's time for the 'B' word. Budget.

Whilst not a ground-breaking solution to your problem, changing your attitude towards budgeting can hugely improve your confidence by giving you clarity about where your money is going, and plan where it needs to go. It can help you see if there are any areas where you could make the most of your income.

Don't forget that sometimes savings might come from unexpected places, like renegotiating bills or consolidating debts at a lower rate!



[Back to start](#)

Stress about not being prepared for the future

Most of us don't like unknowns. Worrying about the future is human nature – but there are steps you can take to prepare yourself for the 'what ifs' in life.

Start by working out how much you might need. For emergency funds, it's recommended you have three months' worth of your bills set aside. Look at your current monthly bills and multiply by three to work out what you should aim for in your emergency fund. If this feels impossible, start by working towards a £100 emergency fund, and then towards a £500 fund.

Don't stress if you have to dip into this fund if something unexpected comes up – that's exactly what it's for!

[Back to start](#)



Stress about not feeling in control

Worrying about paying bills on time can be a major contributor to money stresses. Take back control by automating as much of your finances as possible. A quick conversation to your utilities provider to set up a direct debit or a quick interaction with your online banking to set up a standing order could save you hours of stress every month going forward.

Setting up a second account can also help you separate your bills from your spending money. If you have an account just for the things you know you will have to pay, like electricity, phone, mortgage or rent, you won't have to do mental math every time you purchase something.

Every payday, transfer enough money to this account to cover these expenses and your Direct Debits and Standing Orders can do the rest of the work for you! This means the money in your everyday account is yours to spend.



[Back to start](#)