

EAP Newsletter

FEBRUARY 25

Healthy Habits for Financial Wellbeing

After the holiday season, many of us may feel the pinch, bills pile up, and we start wondering where all our money went. It's a time that often makes us more aware of our spending habits and inspires us to take better control of our finances.

Building healthy financial habits is a great way to not only recover from the holiday splurge but also set yourself up for long-term stability and peace of mind.

Understanding Financial Personalities

Your financial personality shapes how you approach money. Knowing your tendencies can help you tailor your habits:



Spender: Impulsive with purchases, Spenders should set spending limits and focus on saving for bigger goals.



Saver: Savers avoid debt but may obsess over money. Striking a balance between saving and enjoying life is key.



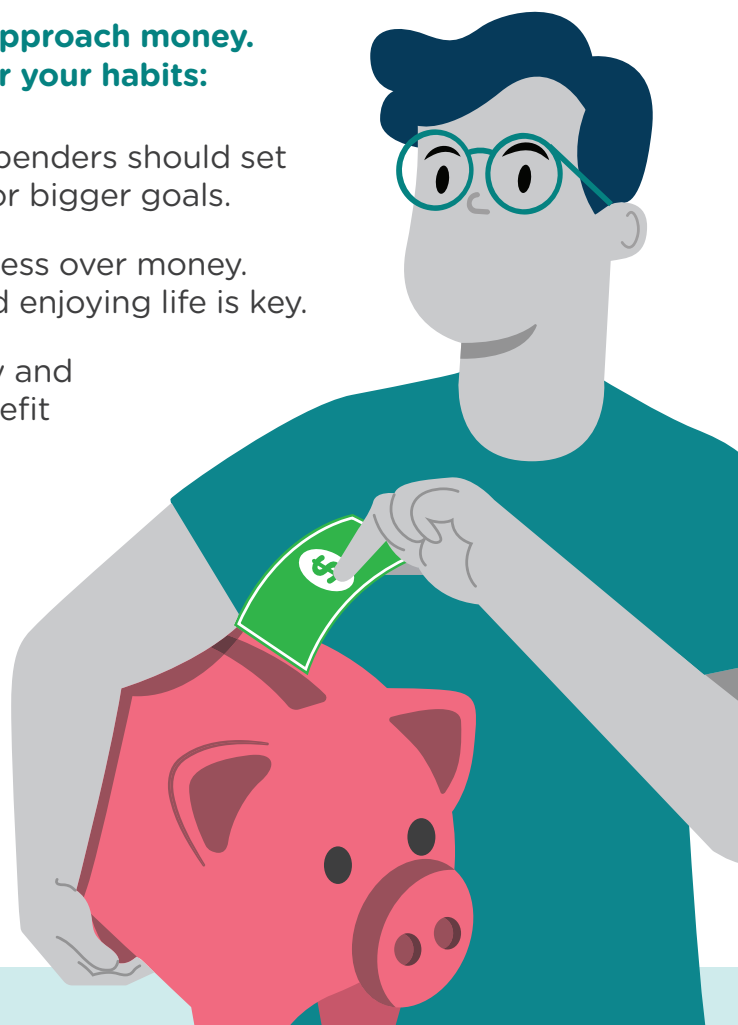
Security Seeker: They prioritise safety and prepare for emergencies but may benefit from calculated risks to grow wealth.



Risk Taker: Confident and intuitive, Risk Takers pursue opportunities but should consult experts to ensure informed decisions.



Flyer: Prioritising relationships over money, Flyers can benefit from basic financial management skills to build stability.



Core Habits for Financial Wellbeing



- 1. Spend less than you earn**
Living within your means builds financial stability. Save any surplus for future needs, emergencies, or investments.



- 4. Save for the future**
Establish a consistent savings routine. Emergency funds, retirement accounts, or saving for future purchases provides security.



- 2. Create a budget**
Track your income and expenses to understand where your money is going. A budget helps you prioritise spending on needs over wants.



- 5. Protect your assets**
Invest in insurance to safeguard your income, property, and financial wellbeing from unexpected events.



- 3. Avoid unnecessary debt**
Borrow only for long-term goals like buying a home or education. Avoid short-term loans or borrowing for consumer items that reduce future financial flexibility.



- 6. Grow your money**
Consult a financial adviser to structure your savings and investments for maximum returns.



Building Financial Resilience

Achieving financial wellbeing is about more than managing expenses, it's about planning for the future and adapting to challenges. By understanding your financial personality and adopting healthy habits, you can create a stable and fulfilling financial life. Start small, adjust over time, and remember that every step toward financial health is a step toward peace of mind.



Get Finance Fit

Our **WellbeingHub** provides more in-depth information and resources – sign up at wellbeinghub.co.nz

The **habithealth+** app supports you with round-the-clock motivation and reminders.

Download **habithealth+**



Our team are here to help

If you need more support, **book a Financial Guidance appointment online** at eapservices.co.nz, by calling **0800 327 669** or by scanning the **QR code**



eapservices.co.nz