



Five Ways to Cope with Financial Anxiety

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HOW TO GAIN CONTROL AND WORRY LESS

1. Revisit your budget

Life happens—it's filled with car repairs, health emergencies, and other unpredictable events. Veering off from your original budget can cause financial anxiety. Review your budget and consider allocating a certain amount to your emergency fund. Working with a smaller budget is a great way to get creative with the money you do have.

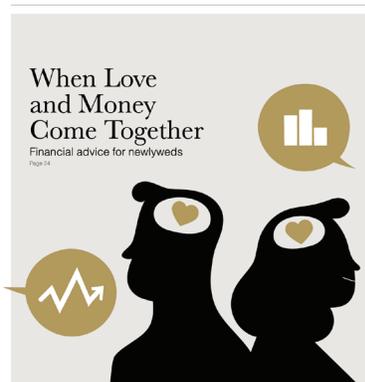
2. Assess the situation

Ask yourself some honest questions to try to get to the reason you're feeling anxious. It's easy to assume the worst, but step back and really assess the situation. Take a look at what you can control and what you can't. Then think about options you have.

3. Remain grateful

If you can't take that vacation or purchase a new car this year, remember that you don't need either of those things to spend time with family and friends. Try to avoid comparisons with what everyone else is doing. Keep the focus on what truly matters to you.

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4. Meet with a financial professional

Getting an outside opinion from someone who is not biased could help. Set up a meeting with a Thrivent® financial professional for expert insight. He or she will help equip you with the resources to help you achieve your goals.

5. Keep your long-term plan in mind

Setbacks are tough, but they don't mean you won't achieve your long-term goals. Keeping this in mind will motivate you to ride out any bumps in the road with grace to get back on track.

Who is Thrivent®?

At Thrivent®, we believe money is a tool, not a goal. Driven by a higher purpose at our core, we are committed to providing financial advice, investments, insurance, banking, and generosity programs to help people make the most of all they've been given.

At our heart, we are a membership-owned fraternal organization, as well as a holistic financial services organization, dedicated to serving the unique needs of our clients. We focus on their goals and priorities, guiding them towards financial choices that will help them live the life they want today and tomorrow.

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