



## The Link Between Money and Mental Health

### **Mental health can influence how you manage your money**

Your mental health can significantly impact how you manage your finances in various ways. When feeling low or depressed, you may lack the motivation to stay on top of your finances, and spending might offer a temporary emotional lift, leading to overspending. During episodes of mania or hypomania, impulsive financial decisions can occur. Mental health struggles can also impair your ability to work or study, reducing your income. Additionally, you may avoid necessary tasks like opening bills or checking your bank account, further neglecting your financial situation.

**Money problems can affect your mental health** Money issues can have a big impact on your mental health. Tasks like opening bills or going to a financial planning meeting can cause anxiety or panic. Worrying about finances can also make it hard to sleep, and the stress can spill over into your daily life. If you can't afford basic needs like housing, food, or healthcare, it can affect your overall well-being. Financial stress can also strain your social life and relationships, leading to feelings of isolation or preventing you from doing things you enjoy. Over time, these pressures can leave you feeling overwhelmed, making it harder to focus on other areas of your life.

**Feelings associated with money** Thinking about money can bring up various emotions, like guilt about spending or seeking support, even when it's needed. You might fear checking your bank balance or talking to the bank. Feeling ashamed for needing help is common, but everyone deserves access to essentials like food and housing. Financial stress can arise from pressure to support yourself or others, or from dealing with the benefits system. Long-term money struggles can leave you feeling worn out, and past financial abuse may shape your feelings. Understanding these emotions can help you recognize patterns and regain control.

**Get to know your money and mood patterns** Reflecting on your feelings about money can help you understand your financial habits and emotions, shaped by past experiences like struggling with money. Consider questions like when you're more likely to spend or save, how it feels to spend, and which aspects of money management affect your mental health. Keeping a diary of your spending, mood, and reasons for your choices can help you spot patterns and plan for difficult times, giving you more control over your finances and well-being.

**If you're having a hard time, your EAP can help. Call your designated BHS Care Coordinator at 800-245-1150 to speak about options for support and what resources your company may provide for you.**



**BEHAVIORAL HEALTH SYSTEMS**