

The connection between money and mental health

How to build good money habits and practice financial resilience to help reduce stress and improve your overall wellbeing.



Steps to face your finances and prioritize mental health

Create a budget

Try the 50/30/20 framework for your income:

- 50% - fixed bills (rent/mortgage, utilities)
- 30% - spending (food, clothes, travel)
- 20% - goals (debt payoff, retirement)

Practice financial resilience

Make sure your financial plan provides flexibility so you can adjust to external and internal demands, like losing a job or having a child.

- Plan A: Best case scenario - no change
- Plan B: Expenses start to outweigh income
- Plan C: Loss of income

Set your goals

Prioritize your goals starting with security, then personal. Make sure they are SMART:

- Specific
- Measurable
- Achievable
- Realistic
- Timely

Finances are the top rated stressor in people's lives

73%

of Americans identify money as the number one cause of stress

CreditWise, 2025

47%

of adults said money has a negative impact on their mental health

BankRate, 2024

60%

increased risk of developing serious health problems due to financial strain

ScienceDirect, 2024

54%

of people believe a partner with debt is a reason to consider divorce

Harris Poll, 2025

