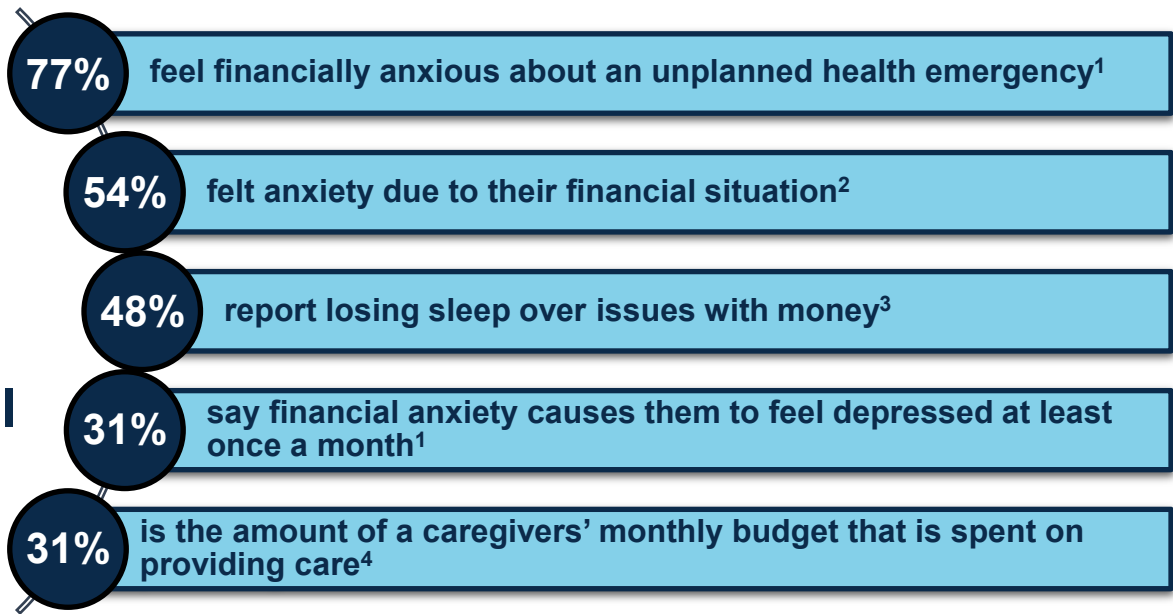


Dimensions of Health & Wellness

Financial Wellness

Financial wellness involves having financial resources, maintaining financial literacy, and meeting practical needs.

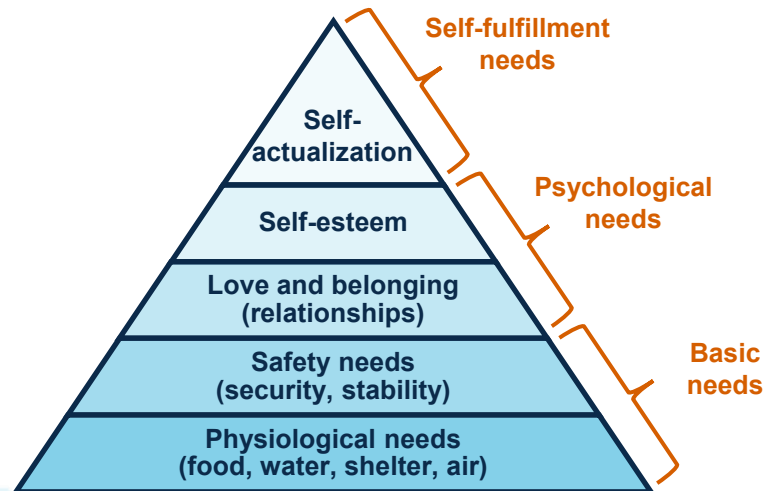
Financial wellness is an unmet need in the U.S. that impacts mental health.



Financial wellness checklist:⁵

- I have money to meet current expenses.
- I balance my wants and needs.
- I have money for unexpected life expenses.
- I pay my bills and file taxes on time.
- I track expenses and monitor credit reports.
- I save money for life goals like retirement.
- I have people who can help me with finances.

Financial wellness allows us to meet our basic needs.



Maslow's hierarchy of needs suggests that people are motivated to fulfill basic needs (bottom of the pyramid) before they meet more advanced needs (top of the pyramid).⁶

1. <https://news.northwesternmutual.com/planning-and-progress-2020>
 2. <https://news.northwesternmutual.com/planning-and-progress-2018>
 3. Survey: Surprisingly Fewer People Losing Sleep Over Money Issues | Bankrate
 4. <https://news.northwesternmutual.com/planning-and-progress-2021>

5. Swarbrick, P., & Yudof, J. (2015). Wellness in Eight Dimensions. New Jersey: Collaborative Support Programs of NJ, Inc.
 6. <https://canadacollege.edu/dreamers/docs/Maslows-Hierarchy-of-Needs.pdf>