



## February feature – Financial Resilience

Financial resilience is the ability to weather life events that can negatively affect your finances -- a health problem, a divorce, an unexpected major expense, maybe a downturn in the stock market. How financially resilient are you?

Boost your financial resilience and you'll be better able to handle bumps in the road or face a significant financial challenge, but you'll also reduce your money worries. Whether you have questions about managing your money or concerns about building a strong financial future, contact **inConfidence** any time, 24/7. A professional consultant can work with you to set goals, develop strategies to take control of your money, and build your financial resilience.

You can also log in any time to [www.myinconfidence.ca](http://www.myinconfidence.ca) to:

- listen to a **NEW** podcast, [Building Your Financial Resilience](#), featuring Barbara O'Neill, Distinguished Professor and Specialist in Financial Resource Management at Rutgers Cooperative Extension.
- read articles: [Quick Tips to Reduce Your Debt](#), [Choosing a Financial Planner](#), [Coping as a Family During a Financial Crisis](#), [Coping with Uncertain Financial Times](#)
- view two **NEW** infographics: [Taking Charge of Your Money](#), [Avoiding Money Conflicts as a Couple](#)

Remember: Financial wellness is just as important as emotional and physical wellness. Strengthening your financial resilience can reduce financial stress and improve your overall well-being.

**Call inConfidence toll-free, any time: 1-877-418-2181**

**TTY: 1-877-371-9978**

You can also visit [www.myinconfidence.ca](http://www.myinconfidence.ca)  
(username: NLMA; password: inconfidence).