

There are many ways to define wellness. The Substance Abuse and Mental Health Services Administration's (SAMHSA) Wellness Initiative outlines eight dimensions.



FINANCIAL WELLNESS

Financial Wellness involves managing money responsibly by budgeting and saving for your short and long-term goals, like new furniture, a vacation, education costs or retirement funds. This also means understanding how different investments work so you can make smart, informed decisions to live comfortably.

Areas of financial wellness to focus on:

Budgeting

Savings

Debt

Investments/Retirement

FINANCIAL WELLNESS TIPS:

- Set goals that work for you and your family—financial wellness is different for everyone
- Create a budget and look at ways to save on expenses
- If you have debt, make a plan and prioritize paying it off
- Research free resources available in your community or online
- Find a mentor and don't be afraid to ask for help when you have questions
- Put aside money for an emergency fund
- Track the due dates of bills to avoid late fees
- Be careful to avoid "get rich quick" and other scams
- Be aware that gambling and/or gaming can become a problem or addiction



PREVENTING PROBLEM GAMBLING AND GAMING

Gambling or gaming becomes a problem when it causes a negative impact on any area of a person's life, such as family issues, loss of relationships, trouble at work, debt and more.

WHO CAN BE IMPACTED?

People of all ages.

Although most gambling isn't legal in Virginia until 21, children and teens are at risk to develop gambling problems. Research indicates that adults who seek treatment for problem gambling often started gambling at an early age.

RESPONSIBLE GAMBLING AND GAMING TIPS:

1. Set a **BUDGET** for the amount of money you can afford to spend and stick to it.
2. Set a **TIME LIMIT** before you gamble or game. It's easy to lose track of time; set alarms to remind you to stop.
3. Think of gambling and gaming as an **ENTERTAINMENT** expense, like going bowling (NOT a way to make money).
4. If you lose the amount of money you set - **STOP** playing. Trying to win back what was lost will usually lead to more losses.
5. To prevent spending more than you budgeted, **LEAVE CREDIT/DEBIT CARDS AT HOME.**
6. **TAKE BREAKS** frequently to give your brain, eyes, and wallet some rest.
7. **AVOID ALCOHOL & OTHER DRUGS** that can cloud judgment and impair control.
8. Only gamble when you are **CLEAR-HEADED** so you can make better decisions.



LET'S BUDGET

MONTH OF _____

Setting a budget and reviewing finances are important for learning more about saving money and financial security.

Please note the sample budget and tips on this page are general examples and should not be considered as financial advice.

- 1 Calculate your income and expenses:** Take a look at your income, living costs, debts, and payments.
- 2 Set goals:** Think of what you want to achieve with your budget, such as saving for a car, or paying off debt.
- 3 Create and adjust budget categories:** Separate expenses into categories (such as housing, transportation, etc.) and adjust them if needed.
- 4 Track your spending:** Monitor where you're spending money and make cuts to stay within your monthly budget.
- 5 Review and adjust your budget regularly:** Review your budget every few months to ensure it still has all of your needs and goals for the future.

- **Goals for next month:** _____
- **Upcoming big spends:** _____
- **Remaining debt:** _____
- **Amount in Rainy Day/Emergency fund:** _____
- **Amount in Retirement/Investment accounts:** _____

BUILD YOUR BUDGET

\$ _____	If your income is more than your expenses, you have money left to save or spend.
Total income this month	
\$ _____	If your expenses are more than your income, look at your budget to find expenses to cut.
Total spending this month	
= \$ _____	

INCOME

Paychecks (after taxes, etc.)	\$ _____
Other income (Social Security, child support)	\$ _____
TOTAL INCOME THIS MONTH: \$ _____	

EXPENSES

Housing	\$ _____
Rent / Mortgage	\$ _____
Utilities	\$ _____
Other	\$ _____
Groceries	\$ _____
Healthcare	\$ _____
Health or Dental Insurance	\$ _____
Medical Care/Medications	\$ _____
Transportation	\$ _____
Car Payment/Public Transportation	\$ _____
Insurance	\$ _____
Repairs	\$ _____
Gas	\$ _____
Childcare	\$ _____
Internet	\$ _____
Phone	\$ _____
Streaming Services/Cable	\$ _____
Entertainment	\$ _____
Eating Out	\$ _____
Pet Expenses	\$ _____
Debt Payments	\$ _____
Student Loans	\$ _____
Other Spending/Charitable Donations	\$ _____
TOTAL SPENDING THIS MONTH: \$ _____	

For more resources, visit virginipreventionworks.org/activate