



## **BE MINDFUL AND OPEN-MINDED THIS OCTOBER TO BOOST YOUR WEALTH AND WELL-BEING**

**As we mark Mental Health Awareness Month this October, it's the perfect time to encourage open conversations about financial well-being. Embracing a more open-minded approach to money – whether by seeking help or building financial literacy – can greatly reduce stress, paving the way for a healthier, more balanced life both mentally and financially.**

Risk appetite goes beyond simple preferences; it's about understanding how much uncertainty you're comfortable with, considering your life stage and financial goals. Maybe you're a thrill-seeker who loves the highs and lows of the stock market, or perhaps you're more about the steady, reliable growth of bonds and fixed deposits. Knowing your risk appetite helps you make smarter investment choices that suit your lifestyle and financial goals. Before diving into higher-risk investments, it's important to consider where you are on your financial journey and ensure your investment strategy aligns with your long-term objectives.

### **BEING FINANCIALLY OPEN-MINDED CAN BE A GAME-CHANGER**

To be authentic, you need to be honest with yourself about where you are, where you want to be, and how you're going to get there.

- **Diversify your investments:** Don't put all your eggs in one basket. Mix it up with stocks, bonds, and real estate – a diverse portfolio balances risk and reward.
- **Adapt and thrive:** Life is full of surprises. Stay flexible and adjust your financial habits to stay on track through changes.
- **Never stop learning:** Financial markets, products, and solutions evolve. Stay curious and learn continuously to stay informed and open to new opportunities.

### **BE OPEN TO ASKING FOR HELP**

Finances can be tricky, and there's no shame in asking for help. Many people are afraid to ask for help or guidance, but just like you may rely on an app to give you quick directions to get you from point A to point B, similarly, financial advisors, coaches, tax advisors, wills specialists, or even financially savvy friends, can provide valuable insights. It's smarter to seek advice than to struggle alone.

### **BE OPEN TO HAVING CONVERSATIONS ABOUT MONEY**

Money conversations don't have to be awkward. Discussing finances with your partner, family, or friends can bring new insights and align goals. Plus, it's a great way to stay motivated and accountable.



*For confidential assistance on financial matters, contact your*

**EMPLOYEE WELLNESS PROGRAMME  
on toll-free 0800 004 770**

**SMS your name to 31581**

## Be mindful of your money habits

Are you aware of the cost of your financial habits? Be open to the idea that you may need to change your habits or spending behaviour. Track your expenses, see where your money's going, and make conscious choices about where to cut back and where to invest more.

## Be sure to practise money mindfulness

Money mindfulness is being aware and intentional with your finances.

- Check-in regularly and be intentional by spending time reviewing your financial situation – checking your bank statements, payslip, investments, retirement plan and budget.
- Review your goals: Whether it's saving for a home, planning for retirement, or building an emergency fund, clear goals keep you focused.
- Spend intentionally: Before making a purchase, ask if it aligns with your values, budget and long-term goals.

## Your money and your mental health

Constantly worrying about debt or a lack of savings can seriously impact your mental health, often leading to anxiety and depression. In contrast, financial stability brings peace of mind and enhances overall well-being. A financial coach can help you assess your money habits and approach necessary changes with an open mind. Financial open-mindedness means understanding your risk appetite, staying flexible, and committing to lifelong learning. It's never too late to ask for help and start having those important conversations about money.



*For confidential assistance on financial matters, contact your*

**EMPLOYEE WELLNESS PROGRAMME  
on toll-free 0800 004 770**

**SMS your name to 31581**