



## FINANCIAL ANXIETY IS THE BIGGEST SLEEP THIEF

*Tips to navigate financial uncertainty for a more secure and restful future*

In an era of unprecedented change and economic volatility, the sleepless nights associated with financial concerns are becoming all too familiar. Despite an overall confidence in their financial well-being, a significant number of Americans, particularly from the younger generations, are grappling with anxiety about money that permeates various aspects of their lives.

### FINANCIAL CONFIDENCE VS. LIFE DOMAINS

A recent survey reveals that while 57% of Americans express confidence in the state of their finances, this sentiment pales in comparison to their confidence in other areas of life. A staggering 79% feel strong about their friendships, 75% about their mental health, 74% about their physical health, and 69% about their job stability. This stark contrast highlights the unique challenges that financial anxiety poses, especially for younger generations.

### GENERATIONAL DIVIDE IN FINANCIAL ANXIETY

For Gen Zers and Millennials, the weight of financial uncertainty is particularly burdensome. When asked about the consequences of financial uncertainty at least once a month, 54% of millennials and 47% of Gen Z respondents admitted to feeling depressed. In stark contrast, only 20% of Baby Boomers reported a similar emotional toll. The sleep disruptions caused by financial stress are palpable, with 44% of Gen Zers and 53% of millennials reporting regular sleep disturbances, contrasting with the 37% average across all age groups.

### IMPACT ON RELATIONSHIPS AND HEALTH

The ripple effect of financial anxiety extends beyond personal well-being to relationships and physical health. A concerning 42% of Gen Zers and 45% of millennials noted that financial issues have created problems in their relationships with friends and family. Moreover, over a third of respondents from both generations reported that money problems have made them “physically ill” at least once a month.

### NAVIGATING THE STORM: COPING STRATEGIES

**Financial Literacy:** Invest time in improving financial literacy. Understanding budgeting, investing, and debt management can empower individuals to take control of their financial futures.

**Open Communication:** Establish open communication about money within relationships. Discussing financial goals, concerns, and strategies can help alleviate tension and foster mutual understanding.

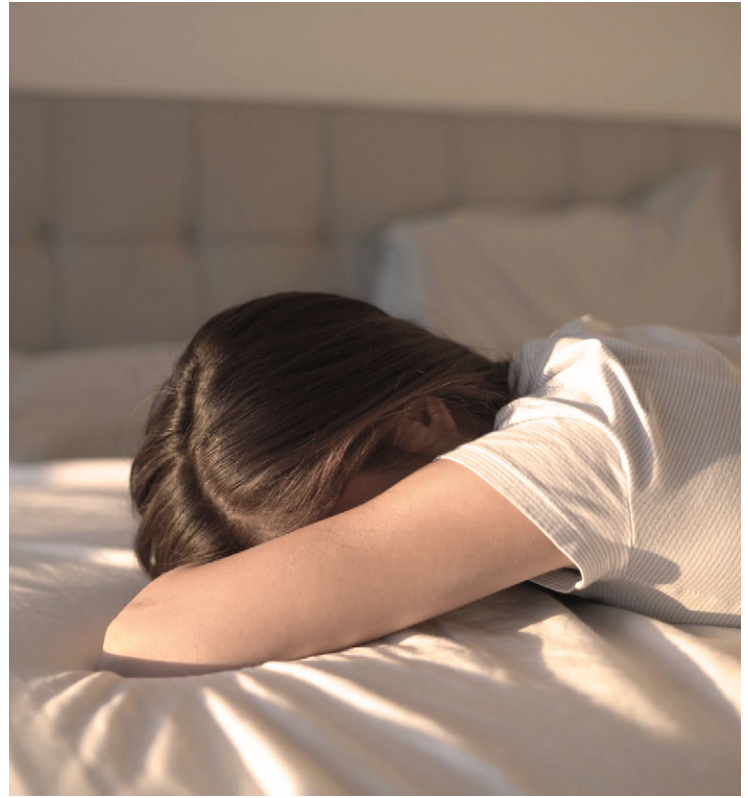
**Mental Health Support:** Prioritize mental health by seeking support when needed. Therapy, counseling, or support groups can provide valuable tools to cope with the emotional toll of financial anxiety.

**Emergency Fund:** Build and maintain an emergency fund. Having a financial safety net can offer peace of mind during uncertain times and act as a buffer against unexpected expenses.

### PLANNING MATTERS

The pervasive impact of financial anxiety on sleep, relationships, and overall well-being is a pressing concern. Acknowledging these challenges is the first step towards finding effective coping strategies.

By prioritizing financial literacy, fostering open communication, seeking mental health support, and building a financial safety net, you can navigate the storm of financial uncertainty and pave the way for a more secure and restful future.



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