

VERIACCOUNT

Finance Magazine

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THE COST OF NEGLECTING
YOUR MENTAL HEALTH

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CONTENTS

1 VERIACCOUNT COMICS

How to make mom laugh

2 VERIACCOUNT SERVICE SPOTLIGHT

Check out our service!

3 THE COST OF NEGLECTING YOUR MENTAL HEALTH

*The hidden cost of not taking
care of your mind*

4 KEEP YOURSELF SHARP

*Complete this month's
crossword!*

VeriAccount Comics

WAYS TO MAKE MOM LAUGH WHEN SHE'S HAVING A BAD DAY



CHILL AND MAKE
COOL POSES.



LIFT EACH
OTHER UP FOR FUN.



RUN AROUND THE HOUSE,
CAREFULLY OF COURSE.



DO SILLY DANCE MOVES.



DAB.



TRY NOT
TO GET ON EACH
OTHER'S NERVES.

VeriAccount Service Spotlight



Notary Services

Varies

We offer a quick, efficient, and reliable notary service for the most important documents in your life! **We offer both community and business notary services** for all facets of your life that need to be officialized.

Our notary service can be a great stand alone service or in addition to other offerings! For Pricing please contact us.

We Can Notarize:

- Wills
- Trusts
- Deeds
- Contracts
- Affidavits
- Passport Copies
- Lease Agreements
- And Many More!

By appointment only.

The Cost of Neglecting Your Mental Health

In today's fast-paced world, people are often so busy with their work and other responsibilities that they tend to neglect their mental health. They may think that they don't have time to take care of their mental well-being, or that it's not a priority. However, neglecting your mental health can come with a significant financial cost.

One of the most obvious ways that neglecting your mental health can cost you financially is through medical bills. Mental health problems such as anxiety and depression can lead to physical symptoms such as headaches, muscle tension, and stomach problems. These physical symptoms can require medical attention, which can lead to expensive doctor's visits and medical treatments.

Moreover, if left untreated, mental health problems can become more severe and require more intensive and costly treatments such as hospitalization and therapy. These treatments can be very expensive and can quickly add up.

Neglecting your mental health can also affect your work life. Mental health problems such as anxiety and depression can make it difficult to focus and be productive at work. This can lead to missed deadlines, poor performance reviews, and even job loss. Moreover, mental health problems can lead to increased absenteeism and presenteeism, where employees are physically present but not fully engaged in their work. All of these can result in lost income and missed career opportunities.

Another financial cost of neglecting your mental health is related to substance abuse. People who neglect their mental health may turn to alcohol, drugs, or other substances as a way of coping with their problems. Substance abuse can lead to addiction, which can be very expensive to treat. Moreover, substance abuse can lead to legal problems, such as DUIs and drug possession charges, which can result in fines, legal fees, and even incarceration.

In addition to these direct financial costs, neglecting your mental health can also have indirect financial costs. For example, if you're struggling with anxiety or depression, you may find it difficult to stick to a budget or make sound financial decisions. You may also be more likely to engage in impulsive spending or to use shopping as a way of coping with your problems. All of these can lead to debt, financial insecurity, and a lower quality of life.

In conclusion, neglecting your mental health can come with a significant financial cost. From medical bills to lost income to substance abuse and financial insecurity, the consequences of neglecting your mental well-being can be far-reaching and long-lasting. Therefore, it's important to prioritize your mental health and to seek help when you need it. Taking care of your mental health can not only improve your quality of life but also save you money in the long run.

KEEP YOURSELF SHARP!

We hope you enjoy this crossword puzzle!

VeriAccount Word Search

N	U	I	S	G	U	H	E	C	I	V	D	A	F
W	G	M	F	K	I	S	S	E	S	L	P	O	R
I	S	O	A	A	S	S	E	N	F	S	R	E	S
E	R	T	T	E	N	U	R	T	U	R	I	N	G
T	E	H	H	N	C	O	O	K	I	N	G	A	Y
S	W	E	E	E	F	E	F	O	G	P	T	E	A
R	O	R	R	T	D	G	U	I	A	A	S	E	D
E	L	G	F	S	E	R	V	T	P	I	W	S	N
T	F	K	R	I	I	I	I	C	N	G	E	T	U
H	T	T	N	L	N	E	I	V	A	E	E	F	S
G	C	I	O	G	N	S	H	E	I	R	T	I	I
U	I	I	U	T	S	O	N	S	S	N	I	G	G
A	S	V	H	N	W	I	F	E	K	S	G	N	N
D	S	I	F	E	E	D	I	N	G	W	S	G	G

COOKING
GIVING
KISSES
NURTURING
SWEET
MOTHER
WIFE
LISTEN
DRIVING
FATHER
SUNDAY
FEEDING
DAUGHTERS
HUGS
SONS
FLOWERS
ADVICE
PATIENT
CARING
GIFTS