

# FINANCIAL ANXIETY

HAVE YOU EXPERIENCED ANY OF THESE SYMPTOMS?

**FEELING DEPRESSED FOR ANXIOUS ABOUT MONEY**

**OVERSPENDING**

**OBSESSION WITH FRUGALITY**

**DISCOMFORT WITH ACCUMULATING WEALTH**

**RELYING ON OTHERS TO HANDLE FINANCES**

**INABILITY TO CHANGE FINANCIAL BEHAVIORS**

**REPEATEDLY GIVING MONEY TO OTHERS**

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**YOU'RE NOT ALONE,  
ASK FOR HELP**

