

# POVERTY & PROSPERITY

HOW OUR EXPERIENCES WITH  
MONEY SHAPE OUR DECISIONS

**FINANCIAL INSECURITY  
CAN LEAD TO:**

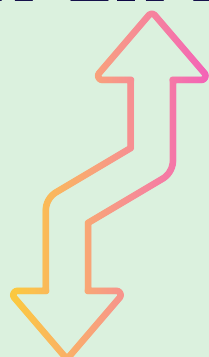
**STRESS**

**DEPRESSION**

**RELATIONSHIP TROUBLES**

**LOWER PERFORMANCE**

**SHORTER LIFE SPANS**



**WAYS TO COPE:**

**SEEK WAYS TO BE CALM**

**FIND WAYS TO RELIEVE  
STRESS**

**CREATE A 'SPENDING PLAN'**

**WRITE DOWN YOUR GOALS**

