How to survive the cost-of-living crisis

Financial anxiety can often feel overwhelming, but it doesn’t need to be. Here are some ideas that don’t cost a penny. citizens advice and gentle volunteer are still around for advice and support. They may be able to show you where to start.

The take away

- Keep a diary
- Take a break
- Look for support groups
- Apply for additional financial support
- Get free expert advice

Financial anxiety can often feel overwhelming, but it doesn’t need to be. Here are some ideas that don’t cost a penny.

- Keep a diary: Financial stress can make us feel overwhelmed. Writing things down can change your focus and make it easier to break down your thoughts. This is where keeping a diary can help. Write your thoughts down can change your focus and make it easier to break down your thoughts.

- Take a break: Take a few moments to breathe in deeply if you’re short on time. We take their tips for coping, too.

- Look for support groups: Financial anxiety can often feel overwhelming. And it affects a lot of us. One survey from the Money and Pension Service suggests that one in three adults experience worry when thinking about their financial situation. This is where keeping a diary can help. Write your thoughts down can change your focus and make it easier to break down your thoughts.

- Apply for additional financial support: The government and local charities have all made additional funding available to help vulnerable people with household bills, and the money available was recently doubled. You can apply for it directly with your local council, which makes sure you mix it up and include specifics such as who, what, and where.

- Get free expert advice: Speak with the team at Validium for more information and support on money and debt issues. If you’re concerned about a dispute, you might be an excellent place to start, as are places of worship. If there isn’t a support group already, you could ask about starting your own.

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