



How to cope with the rising costs of inflation

Aetna Resources For LivingSM

The impact of inflation

Inflation can affect everyone — not just from the rising costs of goods and services, but also the stress that comes with restructuring budgets and facing financial unknowns.

The impact of inflation can vary greatly. For some it may be a minor inconvenience, whereas others could face greater impacts to their financial and emotional well-being.

When dealing with any stressful event it helps to remember:

- It's normal and okay to feel stressed or anxious about your safety and well-being — not just for yourself, but for your family and the people in your inner circle.
- Sadness, grief and even anger are typical responses when dealing with stress.
- Owning your feelings can help promote calm and resilience.
- Focusing on your strengths and abilities can be useful in finding helpful ways to cope with stressors.
- We all need help sometimes, and it's okay to ask for help and accept help that's offered to you.

Resources For Living can help you deal with stress that can result from rising inflation. We provide:

- Researched local and national resources including food banks, housing and rental assistance programs.
- Daily life assistance to help you find providers within your budget for things like child and elder care.
- 24/7 in-the-moment emotional support over the phone.
- Counseling to help with setting goals and changing problem behaviors such as overspending.
- Financial services can assist with budgeting, managing debts, avoiding foreclosure, dealing with creditors and much more.
- Legal services to support you with issues including eviction, foreclosure or bankruptcy.

Reach out

Inflation doesn't just impact finances; it can impact our whole lives. If you're stressed or anxious, give us a call for support with managing stress, promoting resilience and finding solutions to everyday issues including in-the-moment emotional support and referrals for counseling services.

Give us a call today to find out more about how we can help.

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