



# PAYDAY POINTERS

## Financial Stress

### July Pay Day Pointer

#### Take a financial stress test - tough, but there's help

Are you under financial stress? Financial difficulties are categorised in the highest category of stress along with death of a family member, divorce and moving, and is described as severe, chronic, long-term stress.

This kind of stress can result in many problems, including health, relationship and career problems. Stress is intricately linked to ill-health and statistics show that up to 90% of all visits to the doctor are for stress-related ailments and complaints.



Financial stress affects your relationships - in fact, statistics show that almost 40% of relationships break-ups are a result of financial difficulty. In addition, research from United States shows that children of heavily indebted parents or parents who lose their jobs are more likely to start battling at school, get lower grades or fail, and display disruptive behaviour.

In terms of your career, research has also shown that financial stress results in low morale and a loss of productivity due to the associated anxiety and depression.

The first step to solving any problem is correctly identifying it, so take our quick 10 - point stress test to gauge your financial stress levels.

#### 10-point stress test

1. Do you feel in control of your finances? Yes/No
2. Do you spend time working on your finances? Yes/No
3. Do you know exactly how much your expenses amount to every month? Yes/No
4. Can you comfortably pay all your expenses every month? Yes/No
5. Do you pay the full monthly repayment due to every creditor every month? Yes/No
6. Do you review and update your budget monthly? Yes/No
7. Do you know what information your credit report contains? Yes/No
8. Do you save 10% of your monthly take-home salary? Yes/No
9. If you have benefits, offered by your company, are you informed on these? Yes/No
10. Do you have sufficient insurance policies to protect your family against illness, accidents and death? Yes/No



#### The outcome

If you answered "No" to more than five of these questions, you may be experiencing financial stress. If you answered "No" to more than eight of these questions, you should take immediate action to prevent financial stress from manifesting as serious problems in other areas of your life.

The first step to dealing with financial stress is to take control of your financial situation. If you are in a severe state of financial distress, debt counseling may be a solution. Click [here](#) if you would like a qualified debt counselor to contact you. Start by addressing the issue raised in the 10 questions of the financial stress test. For example, start spending 10 minutes a day working on your finances. Use this time to draw up a budget, so you will know exactly what your expenses amount to every month, and to update this budget. Your Interface consultant will be able to assist you on your journey to a financially free life!



#### Need immediate assistance?

Please click [here](#) and your relationship manager will contact you.

Kind Regards,

**Your Interface Team**



Contact us :

011-326-0060 (JHB)  
086-148-3223 (CPT)  
086-148-3223 (KZN)