

Financial Care Means Self-Care

Self-care is a commitment to preserving health and wellbeing. Everyday stressors can take a toll on us, including money. 73% of Americans reported that their finances are a top stress in life. Making financial planning a habit is a great way to stress less about the future. Here are a few tips:

1. **Start Early.** The earlier financial planning becomes a habit the easier it becomes. At the same time, getting started can be intimidating. This [financial toolkit](#) for high school and college grads organizes free resources that explain best practices for budgeting, retirement, student loans, and more.
2. **Protect Your Money.** Financial protection provides peace of mind for the times that life takes an unexpected turn. For example, 6/10 of Americans [say](#) the COVID-19 pandemic gave them a heightened awareness of the importance of life insurance. These short [videos](#) break down how different financial protection products like life insurance, long-term care, and disability income insurance can make a difference.
3. **Ask for Advice.** It's easier and more affordable to find a financial advisor than we think. Financial advisors want to help people build and protect their savings. In most cases, they are obliged to act in your best interest. This [resource](#) explains the role of financial planners.

In addition to personal financial wellness, tackling finances is not only an individual, one-time thing. Getting involved and supporting each other's financial future can help communities grow. For example, life insurers are [committed](#) to expanding access to affordable financial security and financial education in underserved communities. Savers looking to learn more can find additional information from:

- [FinancialSecurity.org](#)
- [Protecting Every Future](#)
- [Life Happens](#)
- [America Saves](#)
- [American Savings Education Council](#)
- [The Society for Financial Education & Professional Development](#)

Understanding finances doesn't have to be scary. Taking one step can make a difference.

About the Organizations in the Financial Security Alliance

ABOUT ILTCI: The Intercompany Long-Term Care Insurance Conference Association, Inc. (ILTCI) is a public, non-profit, charitable, scientific, educational tax-exempt public benefit corporation. Our Annual Conference and multiple initiatives help a diverse group of Americans grappling each day with the impacts of our aging society. To learn more, visit www.iltic.org

ABOUT INTERNATIONAL DI SOCIETY (IDIS) is an organization whose members dedicate themselves to providing disability insurance to individuals, families, business owners, and employers to afford financial security in the event that an unforeseen disability occurs. We are devoted to growing consumer awareness and enhancing the disability insurance industry by expanding our members' resources, remaining current on industry trends, and providing a community for producers, distributors, underwriters and carriers to establish relationships and drive innovation.

ABOUT LIFE HAPPENS: Life Happens is a nonprofit organization dedicated to helping consumers take personal financial responsibility through the ownership of life insurance and related products. The organization does not endorse any product, company or insurance advisor. Since its inception in 1994, Life Happens has provided the highest quality, independent and objective information for people seeking help with their insurance-buying decisions. To learn more, visit www.lifehappens.org.

ABOUT NAIFA: Founded in 1890, NAIFA is the oldest, largest, and most prestigious association representing the interests of financial services professionals from every Congressional district in the United States. Our mission – to advocate for a positive legislative and regulatory environment, enhance business and professional skills, and promote the ethical conduct of its members – is the reason NAIFA has consistently and resoundingly stood up for financial services professionals and called upon members to grow their knowledge while following the highest ethical standards in the industry. Visit NAIFA at www.naifa.org.

ABOUT NAIFA's LECP: NAIFA's Limited & Extended Care Planning Center empowers professionals to network with solution and service providers to share best practices, directly access subject matter experts, research, training and resources, and provide thought leadership so we may continue to address the changing needs of the market. To learn more, visit www.lecp.naifa.org

ABOUT PROTECTING EVERY FUTURE: Protecting Every Future is a network of diverse voices and people who believe we deserve common-sense policies that protect and strengthen the financial futures of all Americans. We make it our mission to give advocates a platform to speak their minds about financial security to all levels of government. We promote the importance of planning for a reliable financial future; encourage policymakers to take actions that protect retirement benefits and fight for reasonable policies that empower financial security for all Americans. Visit everyfuture.org