

# Living (and Staying Well) on a Tight Budget



The most basic forms of self-care are free, and tremendously effective: breath work, meditation, walking in nature, and connecting with others can transform your wellbeing

If you're living with a mental illness, you're more than 3x more likely to find yourself in debt; please, reach out for support



Meal-planning can help you to feel more in control, and reduce food (and money) waste

Never feel pressured to do something you can't afford; good friends will understand and respect your position



Posh brands aren't always worth the extra. Shop own brand and take control of your budget

Whenever you get paid, put 10-20% into savings, before spending anything. It'll safeguard future you



Use price comparison sites for everything from house insurance to the internet. You deserve to shop around

The gym is far less fun, and far more expensive, than going for a jog in your local park. If money is causing you stress, it's a great cut to make



Never be afraid to ask for advice from people who've weathered their own financial storm

Your situation isn't forever. However tough things feel now, there's time (and opportunity) for change. Don't ever give up on yourself

