COVID-19 caught EVERYBODY flat-footed, bringing our country to an economic halt.

Even in construction, where we’re considered ‘essential’, we are all walking on financial pins and needles. How do we pay our bills, take care of our families?

While we can’t control the economy, we can control how we react to the stress.

Here are some tips to help you cope with financial stress:

**MANAGING FINANCES DURING COVID-19**

**TAKE STOCK**

Go through your finances and identify what is causing your stress. Think through ways you can address your concerns and write down any questions you may have so you can find the answers to them later.

**MAKE A PLAN**

Write out specific ways you can address this concern, stick to it, and review your plan often in case anything changes. If you are unsure of the best path forward, contact a professional. Many credit unions and banks offer credit counseling services to help with this.
It’s a constant grind.

From juggling bills to help in building a strategy to make it through, there are resources out there and people want to help.

KNOW YOUR OPTIONS

Seek out resources that you may be eligible for during the pandemic.

There are many community organizations that provide debt relief and assistance with basic needs such as food, supplies, and rent.

GROW

Use this opportunity to put yourself and your family in a better financial place.

Finding ways to strengthen your safety net and healthy ways to deal with the stress of financial hardship will put you and your family on a solid path moving forward.

For more ways to connect, go to TellMeHowSTL.com