MAY 2010

TIP OF THE MONTH: Think Financial Wellness

Seminars, health assessments, nutritionists, health fairs, exercise classes, you name it; they’re all (thankfully) offered by most employee wellness programs. But, what about your money? Financial stress is arguably one of the top stressors on a household’s list.

In fact, according to The New York Times, stress associated with economic worries can affect people in different ways. Some people find themselves more anxious, lethargic, sleepless, and with higher blood pressure. Others may turn to gambling, alcohol or drug use.

The Wellness Warriors program is pleased to start providing services for financial wellness to Wayne State Wellness Warriors. We look forward to providing seminars, tips and tools on saving for that big purchase, sending your kids to college, sticking to a budget and more. Keep an eye out for further details!
Source: nytimes.com, April 8, 2009

WSU’s Employee Assistance Program powered by TEAM provides tips and tools for becoming financially well. Visit TEAM’s financial help section in the TEAM Life Enhancement Resource Center:

Click Here!

wellness.wayne.edu