Financial Literacy
Building Blocks for Managing & Growing Your Money

**Save + Invest**
Open a bank account to start saving regularly to plan for life events.

**Spend**
Make a budget to spend wisely. Manage your money to meet goals.

**Borrow**
Shop around for a loan with a low rate, keep track of your borrowing, and pay bills on time.

**Earn**
Know the details beyond what you are paid through work. Take time to understand your pay & benefits.

**Protect**
Take precautions about your financial situation by saving for emergencies, buying insurance, and knowing your credit score.

---

**Financial Literacy And Your Liver**

Financial Literacy, or lack thereof, can generate significant stress on the human body and cause repercussions:

Stress, potentially financial stress, was found to impair blood flow to the liver and may lead to or trigger liver damage.

Suffering from anxiety or depression could carry an increased risk of death from liver disease.

---

**Get Fit Tip**

Practice mindfulness, do yoga, take a walk, or breathe deeply to take a break and reduce stress - whether financial or not.