Financial Resilience

Financial resilience is the ability to withstand life events that impact your finances -- a health problem, a divorce, maybe a downturn in the stock market. How financially resilient are you? Building your financial resilience not only helps you weather tough times. It also reduces money worries and helps you build a strong financial future. A professional LifeWorks consultant can work with you to develop strategies to increase your financial resilience. Get in touch with a consultant today.

You could also go online to:


- read articles such as *Quick Tips to Reduce Your Debt*, *Choosing a Financial Planner*, and our new *Taking Charge of Your Money* infographic.

- join our monthly web discussion, *Making Ends Meet on a Tight Budget*, on February 25th at 1pm EST (12pm CST, 11am MST, 10am PST)

Don’t forget to sign up for our popular monthly newsletters. If you’re not already a subscriber, [register here](#).

Call LifeWorks at 888-267-8126 anytime.
En español: 888-732-9020, TTY: 800-346-9188
You can also visit [www.lifeworks.com](http://www.lifeworks.com)
(username: temple; password: eap).