August 2021 Email to Employees

August: Financial Fitness

Hello XXXX Employees,

For the month of August we are focusing on financial health and our money habits. Just like our physical health is driven by our sleep, nutrition, and activity habits, our financial health is strongly influenced by our spending habits. Habits are subconscious behaviors (things we do without consciously thinking) and that’s why we want to take some time out to focus on this important topic.

Wherever you are on the spectrum of financial health, here are a few strategies that you may find useful:

1. Envision your future- what are your long and short term financial goals? Do you want to buy a home? Pay off student loan debt or credit cards? Save for a vacation?
2. Link your vision to your values. Think about what or who matters most to you and use that to help motivate you and support your goals. For example, if one of your top values is family, consider how your vision is aligned with your family… Picture your family in the home or on the vacation you are saving for. This can be a powerful motivator for change!
3. Consider building a budget, otherwise known as a diet for your money! Budgeting is as much about psychology as it is money; it can help alleviate stress and build good spending habits. The Texas Office of Consumer Credit Commissioner (OCCC) has built a [free fillable worksheet](https://occc.texas.gov/sites/default/files/uploads/misc/consumer-literacy/budgeting_basics_worksheet2.pdf) to help get you started.

There are some great events coming up this month through on topics related to financial wellness including

* a webinar on money behavior featuring Dr. Marco Palma, the Director of the Human Behavior Lab at Texas A&M University and
* a three-part webinar series on Financial Health featuring Andrea Johnson and Christine Graham, financial experts at OCCC. Topics include: Building a Budget, Credit 101, and Buying a Home.

You can register for these events and more through the [ERS Wellness Events Calendar](https://ers.texas.gov/event-calendars/wellness-events).

You can direct questions regarding these events to [wellness@ers.texas.gov](mailto:wellness@ers.texas.gov)

Thanks for all you do!   
  
In health,

Your Wellness Coordinator