



UCI HR | Wellness HEALTHY HOLIDAY CHALLENGE

GIVE YOURSELF THE GIFT OF FINANCIAL HEALTH

If you're like many people, the holidays cause more financial stress than any other time of year. Figuring out how to afford gifts, décor, travel and food for the big feast on top of regular spending can often be overwhelming.

Keep your financial health a priority now and into the New Year. Small changes can easily turn into habits that could have a big impact on your future financial well-being. Here are some suggestions to help you avoid financial stress this Holiday season:

- **Set your limits.** Give yourself the gift of developing new-and-improved spending habits. Give your credit card and your mind a holiday by limiting what you buy to what can safely come out of your bank account. Remember to review your credit card statements as soon as they become available online to safeguard your financial accounts.
- **Make a list and check it twice.** If you don't have a list, then everything is on your list. Stay focused on what you need and avoid purchasing items on impulse.
- **Plan ahead to save.** Plan ahead to make the most of in-person and online sales, cash back offers, discount codes, and coupons. When the time comes to start spending money, try to pick one day to complete all your shopping.
- **Get creative.** Homemade gifts are wonderful for both your budget and for adding a personal touch to the gift that lets your family and friends know how much you care. Not a DIY-er? - Give your friends and family the gift of time, donate, or volunteer for those in need.



THIS WEEK'S TIPS

- [Flyer \(PDF\): Key to Better Sleep? A Sound Financial Plan](#)
- [Flyer \(PDF\): Small Steps To Secure Your Financial Future](#)
- [Article: Six Tips To Be More Secure Online](#)



THIS WEEK'S WEBINAR

- [Debt: The Good, The Bad, and the Ugly](#)



THIS WEEK'S RECIPE

- [Roasted Delicata Squash](#)



ADDITIONAL RESOURCES

- [Make the most of your UCI employee perks and discounts](#)
- [Explore the EAP Financial Wellness Toolkit](#)
- [Attend a Fidelity financial education class, webinar, one-on-one meeting, or Webcast Hub to help you live well financially, today and tomorrow](#)
- [Check out Schools First's GreenPath financial wellness & education resources](#)
- [Contribute to a ScholarShare College Savings Plan account](#)
- [Donate to UCI's Clash of the Cans Food Drive](#)
- [Make a gift to Brilliant Future, the campaign for UCI.](#)



UPDATE
YOUR
TRACKER



UCI Wellness Listserv. Questions or Comments?

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