

Welcome to the SeaComm Federal Credit Union podcast! Your guide to financial information and what's going on at your credit union.

Money can be a stressful topic, but there are easy ways to create good habits and better finances. Here are some different routines that are simple to follow, and will give you peace of mind.

Look at Your Cash Flow

One of the first things you should do is review your monthly expenses compared to your income. Are you spending within your means, or are you in the negative each month? Write all of this down and create a budget. Find a place to post your budget where you can see it. Once you have the numbers in front of you, instead of in your head, you can map out your spending. Holding yourself accountable for your spending habits will allow your situation to improve.

Talk About Money

There is often a thought that money is a bad topic of discussion, however, that isn't necessarily true. It is an important conversation to have with your significant other or anyone you live with. Having the money talk early will help to avoid potential conflicts. Also, don't shy away from discussing finances with family or friends. It doesn't have to get specific, and it's not a competition. Ask about tips or overall financial health. Understanding how others view finances or budgets could teach you a few things. Maybe you'll learn something that would benefit your own financial life.

Schedule a Day to Pay Bills

One of the biggest stress inducers is remembering to pay bills on time. You don't want to be stuck with any late fees. Set a specific date to pay your bills each month. This way you can sit down and physically see, and pay the bills you need to. Setting up automatic payments isn't a bad idea, but if there are any extra fees or charges you won't see them until you've already spent the money. So pick one day during the month and call it "bill day." Knowing that you have a day dedicated to pay bills will lower your stress.

Save Your Change

If you use cash when you're shopping or out to eat, save your change. When you get home, put your change in a safe place and watch it grow. Every little bit can help. It may not seem like a lot at the moment, but if you make a habit of it, you'll have a fund to use for emergencies, vacations, or little extras. Just knowing you have this extra cash will set your mind at ease. Find a jar, box, or envelope, and start saving that change. As long as you have the discipline not to spend it, that money will be there when you need it.

Set Financial Goals

Whether it's buying a home, paying off loans, or saving for a big vacation, write down all of your financial goals. Believe it or not, writing them down and seeing them makes the goal more real. Think about these goals every day, especially when you are out shopping. This motivation alone is a great way to start changing your habits. Having them in your head will keep you on track and prevent you from unconsciously spending more than necessary. Spending a little more than you would won't keep you from your goals, but spending less will help you achieve those goals even faster. When you eventually accomplish one of your goals, make sure to acknowledge it.

If you experience financial-related stress, SeaComm's partnership with GreenPath Financial Wellness can help. GreenPath's mission is to help people learn how to live financially healthy lives. GreenPath provides SeaComm members with access to free one-on-one financial counseling, student loan counseling, debt management services and more. To learn more about how SeaComm's partnership with GreenPath can help you, go to [SeaComm.org/tools.html](https://seacomm.org/tools.html) and click on Greenpath Financial Wellness, or call (800) 550-1961.

That's it for this edition of the SeaComm Federal Credit Union podcast. Thanks for joining us!