

# COPING WITH FINANCES

## During Times of Uncertainties



We all interpret and react differently to changes. Some people have “what to do in a disaster plan,” and others prefer to take steps one day at a time. Whatever your approach to the new challenges that we are currently facing, the financial strains that may emerge could cause distress within us. We also know that money is a hard topic to discuss, therefore, finding ways to reduce anxiety about money conversations or accessing resources during this time is essential and can help resiliency in all of us.

## WHAT YOU CAN DO

**Trust your instincts because you know what matters to you and how things affect you emotionally:**



If continuous news coverage makes you uncomfortable, think about reading highlights and staying abreast of new and updated information through **alternative methods**.



If working out is your way to de-stress, **consider going on walks**. Check your streaming services for workout and meditation videos. I found a few low-impact aerobics videos on one of my streaming services, and some of them are hilarious, and I have fun with them in my living room.



As human beings, it is easy to feel isolated and physically distancing ourselves from others can exacerbate some of our fears. **Find ways to connect with others virtually**, whether it is a daily check-in with one person or group chat; consider what will help you feel connected to others.



The [Centers for Disease Control](https://www.cdc.gov) has resources for managing stress and anxiety during this time.



FIND MORE COVID-19 RESOURCES @ [go.illinois.edu/ExtensionCOVID19](https://go.illinois.edu/ExtensionCOVID19)





## LENDERS AND SERVICE PROVIDERS

The whole world is paying attention to the current economic climate, and so are your lenders and service providers. Find out what they are doing to support customers. Even though it is hard to plan for the impact of the virus fully, there are protective measures we can take to mitigate its long-term effects:

- The [Consumer Financial Protection Bureau](#) has specific steps we can explore if there is a loss of income, if we have troubles paying bills and other obligations, or if you have concerns about fraud.
- Contact your lenders about your situation. Some are proactive in creating responses for customers. For example, internet providers explore strategies to keep customers connected.
- Be wary of fake emails and messages that look like they are from a lender or service provider, but are scams. Do not click on links in emails. Check with your services providers before clicking on links offering loan forgiveness, or reduction options.
- For loss of income, check your state's [unemployment policies](#) for more information.

## HOW WE CAN HELP YOU

**Illinois Extension** provides **research-based information** on effective money management strategies, healthy and helpful nutritional information and wellness practice, and family resources that support all members of your family (along the life course). To learn more about our digital education programs, find us on Facebook at [University of Illinois Extension: Around the Table](#) and on our [website](#).

### Reference:

**Centers for Disease Control and Prevention.** (n.d.). Managing anxiety and stress. Retrieved March 16, 2020, from <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

**Consumer Financial Protection Bureau.** (2020). Protect yourself financially from the impact of the coronavirus. Retrieved March 16, 2020, from <https://www.consumerfinance.gov/about-us/blog/protect-yourself-financially-from-impact-of-coronavirus/>

**U.S. Department of Labor.** (n.d.). Services by location. Retrieved March 16, 2020, from <https://www.dol.gov/general/location>

**I ILLINOIS**  
Extension

COLLEGE OF AGRICULTURAL, CONSUMER  
& ENVIRONMENTAL SCIENCES

University of Illinois | U.S. Department of Agriculture | Local Extension Councils Cooperating  
University of Illinois Extension provides equal opportunities in programs and employment.