

Financial Hardship Leads to Other Issues



Money is the **SECOND LEADING** cause of stress in U.S.*

Stress is a risk factor for **DEVELOPING A MENTAL DISORDER****

Need for healthcare **INCREASES**, but affordability is a factor

Personal debt ranks as a significant stressor for **2 OUT OF 5** adults

Poor mental health impacts **PHYSICAL HEALTH**, creating a risk factor for chronic physical conditions (e.g. diabetes, obesity)

Financial wellness isn't just about retirement, it's also about **EMOTIONAL AND PHYSICAL HEALTH.**



With the impact of COVID on the economy, these issues are more prevalent than ever. Alliant is here to help you help your employees. Ask us today.

*American Psychological Association. (2017). Stress in America: The State of Our Nation. Retrieved from <https://www.apa.org/news/press/releases/stress/2017/state-nation.pdf>

** (n.d.). Mayo Clinic - Mayo Clinic. Mental illness - Symptoms and causes - Mayo Clinic. Retrieved August 27, 2020 from <http://www.mayoclinic.org/diseases-conditions/mental-illness/symptoms-causes/syc-20374968>

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