

# Creating a Plan for a Stressful Money Situation

Everyone gets hit with a stressful money situation from time to time. What's important is to know how to deal with it—and deal with it well. Follow these three key steps:

Step 1. What happened? Write it down.

Step 2. What did you feel? Identify your emotions. Name a healthy way to cope.

Step 3. What can you do to solve this problem? Write a plan out here.

