

# Finance Well Top Tips

- Review your spending – with access to those normal luxuries and treats now taken away, it is a perfect opportunity to review your monthly spending
  - Know your travel rights – don't end up out of pocket. Restrictions regarding travel may be in place for some time and it is an individual's responsibility to ensure they are aware of the regulations in place, including insurance
- Money guidance – don't be afraid to ask for support in these times. From day to day money management to struggling with debt there are many free services available including government funded advice
  - Resist temptation – online games and gambling are easy to access and can be tempting when the boredom hits however without knowing these can easily rack up debts. Play free games or put limits on monthly spending
  - Worried about your finances – that's ok. Finances are often a very personal thing and can be very complicated. Access our online financial education sessions to ensure you are aware of your current financial position

