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Poor financial management, too much debt, or just mishandling oneâ€™s personal budget can lead to financial stress. This can lead to other problems: anxiety, lack of sleep, or even such behaviors as gambling or turning to alcohol. Before you allow your debt to get out of hand, read on.

Write it down!

First evaluate and list down all your debts and expenses. After listing them all down, you should be able to pinpoint which causes stress.

Donâ€™t scare yourself.

There are more important things to think about rather than spend a lot of time pondering about your current financial situation. Dwelling on stress will decrease your productivity rate. This will eventually make you lose your job and everyone and everything you care about. Stop doing things that will intensify your current situation.

Keep your family posted.

It is important that you and your family talk about financial problems. An open discussion can lessen the burden because everyone would be able to understand the situation and everyone could give support, both financially and emotionally.

Be optimistic.

The situation may seem unpromising at the moment, but pessimism would not make things easier. Donâ€™t let the pressure take over and donâ€™t let the problem control you, instead, do something about

Create a plan.

Itâ€™s not too late to save and pay off debts. Find small ways to save, pay debts and earn extra money. Also, come up with a long term or short term plan. This will help you eliminate stress slowly but surely.

Itâ€™s never easy to cope with financial stress but exercising positivity and having greater control over your emotions can lead to healthier results. And with these tips, you can now say youâ€™re equipped and all set to deal with financial stress.

Lenddo is an online community that helps its members build their credibility, gain financial knowledge and get access to loans. How about you, how do you deal with financial stress? Share them with us in the comments section below!

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