

COPING STRATEGIES FOR FINANCIAL STRESS

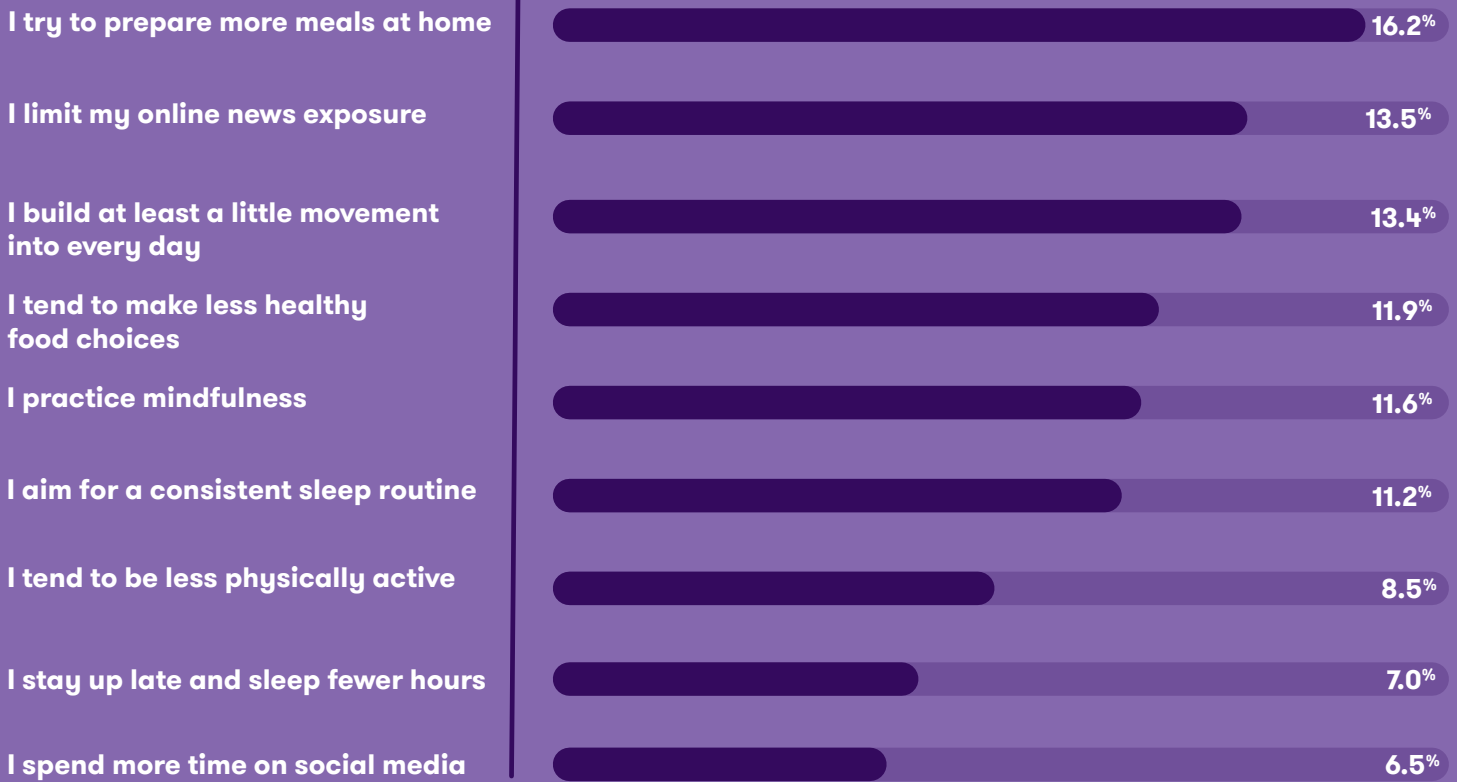


Wondr Health conducts regular pulse surveys to stay connected to the evolving needs of our participants. We use these insights to develop custom resources, including blogs, webinars, new program content, and toolkits to address these needs.

What follows are the results from our most recent pulse survey.

Wondr Health conducted this pulse survey with nearly 600 respondents around the globe between 4/5/23 and 4/12/23. We asked participants to select the activities they gravitate toward when coping with the stress of financial challenges in our current economic environment. These insights guide client strategies and help us provide them with relevant resources to support their population to do their best work.

Given our current economic environment, how are you most likely to respond to the stress of financial challenges? (Pick as many that apply)



Insights:

Healthy habits surpass unhealthy behaviors as coping mechanisms for financial stress

When it comes to dealing with financial stress, the majority of participants surveyed leaned on healthy strategies to cope, including preparing more meals at home, limiting news exposure, and moving daily. Fewer participants turned toward unhealthy habits such as making less healthy food choices, limiting exercise, and sleeping fewer hours. Giving your population access to healthy and flavorful recipes along with strategies to reduce stress and increase movement will help them weather our current financial climate and improve their overall health and well-being.

Actions organizations can take:

Wondr Health offers the following resources to support your population:

- ✓ **On-demand programs:** Getting Active, Mindful Eating: A Path to Well-being, and Strategies to Reduce Stress
- ✓ **Immersive Program:** Mindfulness at Work™: Stress Reduction
- ✓ **Blog:** How Food Can Fuel Your Future

How food can fuel your future



Getting Active

Mindfulness at Work™