



BALANCING FESTIVE FUN AND FINANCIAL WELL-BEING

The year is drawing to a close, summer is in full force, and for many it's a positive time of year filled with holidays, family time, celebrations and relaxation. Financially speaking, it's also time to balance enjoyment with financial wellness. Whether you're focused on saving and investing, sometimes forgetting to enjoy life's journey, or simply getting by day to day, here are some great tips to help you strike that balance. With these strategies, you can better navigate the holiday season while keeping your financial health intact.

1. DON'T LOSE SIGHT OF YOUR LONG-TERM GOALS

Before diving into holiday spending, don't lose sight of your financial goals. Whether you're adding to an emergency fund, saving for retirement, or paying off debt, knowing you have a plan – and sticking to it – helps you to enjoy life's little pleasures without financial stress.

2. CREATE A BUDGET THAT MAKES ROOM FOR FUN

A 'fun fund' lets you treat yourself and celebrate without creating financial stress or guilt. Try to deliberately allocate a portion of your budget to activities and experiences that bring you joy. If you aren't at that point just yet, brainstorm and get creative in coming up with ideas that don't cost money. Be motivated by the fact that sticking to your budget will allow you to work towards a place where you can allocate money to your 'fun fund'.

3. INVEST IN EXPERIENCES, NOT JUST THINGS

Life experiences – such as travelling, learning a new skill, or spending time with loved ones – often provide more lasting satisfaction than material possessions. Focus your spending on creating memories rather than acquiring items that may lose their value or appeal over time. Some activities, like picnicking at a local park, hiking, cooking or baking, and hosting movie or game nights at home, won't break the bank and will likely bring more joy than acquiring new items.

4. CELEBRATE THE SMALL WINS

Taking a moment to celebrate financial milestones, regardless of the size, can have a powerful impact on your motivation. Whether it's a small step like staying within your budget for a month, or a larger milestone like finally paying off a debt, acknowledging your achievements reinforces positive behaviour and keeps you engaged in your financial journey.

5. FOCUS ON THE POSITIVE

A recent Ipsos survey shows an uptick in positive sentiment in South Africa, with encouraging signs of easing inflation pressure and decreasing interest rates. Focus on what you can be grateful for, whether it's your ability to earn an income, your family, friends, or your health, and use this positivity to fuel your commitment to nurturing your financial well-being into 2025.



For confidential assistance on financial matters, contact your

**EMPLOYEE WELLNESS PROGRAMME
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