

# PROTECTING YOUR FINANCIAL FUTURE

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If working at home has a silver lining, you're probably not spending as much on gas, lunches out and fancy coffee. But watching the news each day can tie your stomach in knots with the wild swings in the stock market, and reports of millions losing their jobs and filing for unemployment. Millions of us will feel the strain of financial stress in the coming months, but there are ways to gain better control of your financial future.



## CONSIDER THESE HELPFUL TIPS:

- **Don't touch your 401(k).** Borrowing from retirement should be the last resort, as it often leads to penalties and tax implications that can be more damaging to your finances. Only touch your 401(k) with contributions and investments. Make future contributions to more conservative, stable value or treasury-based investment products, but leave your current balances and funds alone.
- **Add to your savings.** It may seem counterintuitive, but many experts suggest that periods of downturn can be a great time to invest and save more.
- **Contact your bank/creditors.** If you're having trouble paying bills, many utility companies are offering clemency.
- **Spend reasonably.** Don't overbuy supplies and don't use your credit card unless necessary.
- **Use your company sponsored Employee Assistance Program.** Review the resources available if your employer offers this program.
- **Take advantage of government programs.** Review the federal and state programs and protections available to you and your family.

## LEARN MORE

View these resources for more tips, tricks, and information.

- **Fidelity:** Get financial planning advice and retirement investment advice from Fidelity financial advisors and access to the [employee COVID-19 resource center](#)
- **Ameriprise Financial:** Get financial planning advice and retirement investment advice from Ameriprise financial advisors
- **Protecting your finances during the Coronavirus Pandemic:** From the U.S. government's Consumer Financial Protection Bureau
- **NerdWallet:** Ideas for using your stimulus funds smartly
- **The U.S. Department of Education:** Provides guidance for relief that benefits student borrowers and a link to some pertinent [questions and answers for student borrowers](#)