







# 10 Ways to Deal With Financial Anxiety

Reading Time: 9 minutes

Taking care of your finances is wise. But sometimes, this can be hard to do.

Financial anxiety can cause strain in your life that makes it challenging to accomplish your goals with saving, budgeting, or making money.

But what is financial anxiety? How and what can you do about it?

## What is Financial Anxiety?

Financial anxiety is a fear that surrounds things involving money. It can make it challenging to do anything financially and has multiple causes.

It can interfere with your life in many ways and make the topic of finance extremely difficult, though it doesn't always mean you don't have enough money. The concern can be related to other things entirely.

## Financial Anxiety Symptoms

So...financial anxiety is real. Sure, everyone has concerns sometimes over a considerable expense or bill.

But there are specific symptoms of this fear that can tell you if you suffer from this or not.

### Hoarding

Hoarding is a pretty apparent symptom. If you hoard money, you can probably quickly tell that you're doing so.

Now, there is a difference between saving money and hoarding it. Saving money is good, but it can cross over into hoarding when it becomes a negative situation where you cannot spend your stockpiled cash or are extremely concerned about losing any of it.

### Overspending

Wait...what? Doesn't overspending seem like a symptom of someone without financial anxiety?

Not necessarily. Overspending can be a symptom of money concerns.

In fact, overspending may be a way of staying in denial about economic realities or trying to escape the stress and nervousness of money worries.

### Obsessively frugal

Looking for ways to save is one thing. [Being frugal](#) to the point of obsession is another.

You may be obsessively frugal if you have trouble parting with money for any reason and

