Life events affect your well-being. The good news is that there are ways to take care of yourself even when things seem beyond your control. An example of that is how exercising and taking control of your financial wellness, like paying off debt, can also relieve stress from other things going on in your life. The Fidelity Investments article – How Life Events Affect Financial Wellbeing – documents how two strong determinants of wellbeing are exercise and paying off debt.

### Financial Wellness Resources

**Faculty and Staff**

Fidelity NetBenefits offers a “Financial wellness check-up” tool that gives everyone an individualized plan of how to improve their financial wellbeing.

Fidelity Investment Financial Advisors are available to UCR faculty and staff by email or schedule an appointment to attend a Consultation or Workshop.

- Visit the Fidelity Investments Consultation & Workshops webpage to schedule an appointment.
- Fidelity Investment Financial Advisors are also available by email:
  - Adrian Rodriguez – Adrian.rodriguez@fmr.com

**Students**

The UCR Office of Financial Aid offers workshops, 1:1 consultations and resources to help students improve their financial well-being.

The WELL supports students’ basic needs through distribution of grocery cards, facilitate a move into temporary housing, and collaborates with Case Managers, Financial Aid, Housing, and Student Business Services staff to provide emergency grants to students through our Economic Crisis Response Team (ECRT).

We hope you find these tips and resources helpful. UCR Healthy Campus and the Faculty/Staff Wellness Program remains committed to the health and well-being of the campus community.

If you have any questions or would like more information, feel free to reach out to healthycampus@ucr.edu or wellness@ucr.edu.

Stay safe and healthy!