

### Article:

#### [A Guide to Practicing Financial Wellness](#)

“Real wellness isn’t just an insta-friendly brand slogan. At its core, it’s an ongoing commitment to a better quality of life – the practice of treating your mind and body with care, aka nourishing them, exercising them, resting them, etc. And it’s for everyone, no matter what that fancy vitamin company or skincare line tries to tell (or sell) you..”



Photo Credit: K.P. McFarland



Photo by: Jeff Night

### Video:

#### [10 Unusual Ways We SAVE MONEY | Minimalist Money Saving Tips](#)

“Today I’m sharing 10 unusual ways that we like to save money so we can pursue our financial goals!”

### Podcast:

#### [One economist's take on popular advice for saving, borrowing, and spending](#)

“Save aggressively for retirement when you’re young.” “The stock market is a sure-fire long-term bet.” “Fixed-rate mortgages are better than adjustable-rate mortgages.” Popular financial advice like this appears in all kinds of books by financial thinkfluencers. But how does that advice stack up against more traditional economic thinking?”



Spring Forward on 03/12/2023