

# **SOLID** **FINANCES**

*Finances & Stress: Causes, Biological Impacts and Management Tools*  
February 5, 2020

## **Resources**

- **The National Sleep Foundation:** Recommendations for appropriate sleep from the National Sleep Foundation. Following these guidelines can help manage stress.  
[www.sleepfoundation.org/press-release/national-sleep-foundation-recommends-new-sleep-times](http://www.sleepfoundation.org/press-release/national-sleep-foundation-recommends-new-sleep-times)
- **The U.S. Department of Health and Human Services:** *Physical Activity Guidelines for Americans* in 2018, which provides science-based guidance to help people ages 3 years and older improve their health through participation in regular physical activity.  
[www.hhs.gov/fitness/be-active/physical-activity-guidelines-for-americans/index.html](http://www.hhs.gov/fitness/be-active/physical-activity-guidelines-for-americans/index.html)
- **Stress Diaries:** This resource provides more information on the benefits of using stress diaries, as well as a sample stress diary template.  
[www.mindtools.com/pages/article/newTCS\\_01.htm](http://www.mindtools.com/pages/article/newTCS_01.htm)
- **Caffeine Informer:** Consuming too much caffeine can have negative impacts on stress levels. Use this resource to calculate (based on your body weight) how much caffeine is too much.  
[www.caffeineinformer.com/caffeine-safe-limits](http://www.caffeineinformer.com/caffeine-safe-limits)
- **U.S. Financial Capability Report:** Includes finding on stress related to financial situations.  
[https://www.usfinancialcapability.org/downloads/NFCS\\_2018\\_Report\\_Natl\\_Findings.pdf](https://www.usfinancialcapability.org/downloads/NFCS_2018_Report_Natl_Findings.pdf)