What is Financial Wellness to Me? The five dimensions of financial wellness

Financial Security: Savings, assets, retirement, ability to plan financial future Economic Citizenship: Exercising economic rights & responsibilities

> FINANCIAL WELLNESS

Financial Stability: Income to meet needs, ability to repay debts

Financial Control: Being own payee, making own financial decisions Financial Autonomy: Self-sufficiency from public benefits that limit choices

Source: Jimenez-Solomon, O., Mendez-Bustos, P., Swarbrick, Diaz, S., DeSilva, S., Kelley, M., Duke, S., & Lewis-Fernandez, R. (2016). Peer-Supported Economic Empowerment : A Financial Wellness Intervention Framework for People with Psychiatric Disabilities. *Psychiatric Rehabilitation Journal 39* (3), 222–233.