

Managing Your Finances

Answers To Help Plan Your Way Through A Tough Economy

by Dr. Joy Browne

(NAPSA)—*Clinical psychologist, national radio host and accomplished author Dr. Joy Browne answers some frequently asked questions about planning for the future in a tough economy.*

How can I talk to my spouse about our futures without making it stressful?

Many couples have told me they get stressed even thinking about the future, let alone sitting down with their spouses and planning for it. But believe it or not, talking with your partner and planning for the what-ifs in life together can actually be a stress reducer. With the economy as tight as it is these days, the emotional stress of economic hardship can lead people to focus on short-term expenses rather than long-term planning. What you need to realize is that planning today for the unexpected can help you embrace life knowing you are covered in the event of the unthinkable, such as the death of a spouse. It may be uncomfortable to discuss, but you'll find peace of mind in seeing that even though things are rough today, they're not going to be tough forever.

I'd like to plan for the future, but where do I start?

One of the best ways to plan for the long term is to determine what you can and cannot live without. Experts at State Farm, for example, say that life insurance is one item families should not skimp on. These professionals point out that even a small life insurance policy can allow you to focus on making the best of your present circumstance. In the short term, life insurance can provide a buffer so families won't have to face difficult financial decisions during a stressful, emotional time. Having a life insurance policy secured is a bit like putting on a



Even when the going gets tough, there are things you can do to take care of the future.

seat belt just in time for an accident—and you keep that seat belt on because it keeps you safe.

I've heard you tell your listeners to "embrace life." What does that necessarily mean?

I believe that in order to truly live your life to its fullest, you need to have peace of mind, knowing that your future is secure and your family is safe. This "embrace life" concept is also part of the reason I became involved with the State Farm Embrace Life Awards program, which honors men and women who persevered and inspired others after the loss of a spouse or a parent. Since 2004, State Farm has recognized 20 inspirational individuals who are embracing their futures rather than mourning their pasts. This year, marking the fifth anniversary Embrace Life Awards, a new group of 13 men and women will be honored at a ceremonial event and awarded \$10,000 and a trip for two to Chicago. The heroic stories the program has collected over the years prove that it's certainly possible to embrace life today by planning effectively for tomorrow.

Learn More

More information on life insurance can be found on the State Farm Web site, www.statefarm.com.