



Take time to take care of you

Self-care isn't limited to improving your mind and body. It's also about trying to reduce stress and enhance your well-being. Here are some essential tips on how to improve your financial well-being:



Financial wellness tips



Watch our video [3 things I should be doing at my age \(20s and 30s\)](#)



Take our [Financial Wellness Checkup](#) to see where you stand, and get tips on how to improve your wellness going forward



Look after your future self: Watch our video [Saving for a goal](#)



Recently promoted? Learn how to [Make my extra money earn for me](#)

Stay informed and inspired

Keep your finger on the pulse and stay in the know by joining our communities on [LinkedIn](#) and following us on [Instagram](#) for the latest money topics and answers to even more questions.

Visit and bookmark our [Creating Black wealth page](#).

Discover how Fidelity is helping to support the Black community in building wealth, managing money, and planning for the future with videos, tools, and resources.

Connect with the [Fidelity Latino page: Community. Tradición. Success.](#)

Find personal, professional, and cultural contributions made by the Latino community as well as tools, and resources.

