



Prescription drugs: Follow safe usage tips

The rise in certain prescriptions for--and easier access to--pain relievers like opioids, stimulants like Adderall, and sedatives/depressants like Xanax used to treat anxiety and sleep disorders has led to more ER visits because of accidental overdoses, and more admissions to treatment programs for drug addictions. When taken without a prescription, or used for an unintended purpose, these drugs can easily become addictive, even deadly. Your chance of getting addicted can be affected by your age, biological make-up, and whether addiction runs in your family. **Here are ways to protect against drug misuse or abuse:**

[Find out more >>](#)



Work Out Your Wallet with a Spending Diary

If you often find yourself staring at your bank account and wondering where all your money has gone, you're not alone. Many people live paycheck to paycheck, do not contribute to a savings account, or don't set aside money for a rainy day-which means when something unexpected happens and you need more money than usual, you find yourself in a tough situation. If this regularly happens to you, getting a better handle on your finances is imperative. If you don't already know what you're really spending and where your money is actually going, now is the time to start finding out. Try these tips for taking steps to improve your financial fitness.

[Learn how >>](#)



Tips to take control of student loan debt

No matter what your age, you may be affected by student loan debt. It's not something that just affects millennials and Generation Z-people in every generation are burdened by student loan debt. For example, a recent study by Experian shows that even baby boomers are still paying off their student loans, and that this generation holds an average student loan debt balance of \$36,246. The best way to get out from under the weight of money stress is to keep up with the action steps that can help you stay in control of your finances. Try these tips:

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Breast Cancer Awareness Month

Read: Learn about breast cancer-including types, risk factors, treatment and myths-from the National Breast Cancer Foundation

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