

# May Financial Wellness Toolkit

You help your members afford life – we'll help you do that. To aid with your public relations, media relations and marketing workload, we'll provide you with personal finance content each month to use in your credit union's communication channels.

## Here's the story...

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*Our Financial Wellness Toolkit contains useful information and tips to share with your members in your longer-format communication tools, including newsletters, blogs and/or website articles. Use this story however you'd like!*

### **Vacationing in 2022...**

Travel is finally back in full swing, something we can all be thankful for this year. While staycations and remote-working vacations have been all the rage since 2020, pre-pandemic vacationing is making a comeback in 2022.

According to [Booking.com](https://www.booking.com), 60 percent of travelers from a 24,000-person survey claimed they are looking to meet new people and make new connections on their next vacation, something that has fallen by the wayside since the pandemic hit. 75 percent of respondents across 31 countries said their vacations from now on will be strictly work-free, in order to regain a healthy work-life balance.

The survey said that 79 percent of travelers consider vacationing to be essential to the state of their mental health and wellbeing. Respondents claimed to prioritize traveling as part of their regular self-care routine going forward.

Vacations can take months to plan, or they can be a bit more on the spontaneous side. Either way, now that a more normal form of travel is back for good, there's still plenty of summer left to get out there and explore!

### **Tips for planning a summer vacation in 2022**

Travel is finally back and we're here for it. Are you planning a vacation this summer? If so, learn these helpful travel tips from [Enjoy Travel Life](#):

**Know where you're going** – Plan a safe course before you go, including any and all stops you want to make on your route. Being prepared will go a long way toward safe travels.

**Keep an eye on the sky** – Watch the weather as you travel so you can be prepared for whatever is headed your way.

**Make and follow a budget** – Put away money ahead of your trip so you don't find yourself short on cash while away. For safety's sake, be sure to have two forms of money -- like a credit card and cash -- just in case.

**Stay in touch** – Be sure to pack plenty of charging cords and adapters so you don't lose touch with family and friends while away. A wi-fi booster is a smart investment if you're headed away from civilization.

**Pack a first aid kit** -- You never know when a band-aid and some disinfectant spray might be needed. Hand sanitizer and Aspirin are also good additions for any first aid kit.

## For Social Media...

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*Here are a few timely messages in 280 characters or less for your credit union's social media presences.*

### **#CreditUnions**

Do you know the differences between a credit union and a bank? Find out more:

<https://yourmoneyfurther.com/>

Credit unions offer lower rates on car loans than banks! Learn more:

<https://yourmoneyfurther.com/>

CUs exist to serve their members, not make a profit for shareholders. Learn more:

<https://yourmoneyfurther.com/>

Get a jump on your finances by visiting your local credit union today. Learn more:

<https://yourmoneyfurther.com/>

### **#SummerVacation #SummerTravel**

Planning a #SummerVacation this year? Learn these tips for safe and fun travel this summer season: *Link to release/article*

#SummerTravel is a go this year. Where are you headed? Learn the best way to vacay here: *Link to release/article*

Get prepared for your #SummerVacation with these helpful tips: *Link to release/article*