



Just for teens at RCU | Spring 2022

YOUTH MONTH 2022

# SAVE SMALL ★ DREAM BIG

at your credit union™

## ONE DAY YOU MAY HAVE ENOUGH TO FULFILL A FINANCIAL DREAM.



April means it's National Credit Union Youth Month – a whole month focused on helping you learn how to save and adopt healthy savings habits.

What do you dream about buying one day—a computer? Car? Going to college? When you start with small savings steps and learn how to deal with obstacles along the way, you'll be on your way to reaching your goal.

An excellent way to visualize and stay inspired along your savings path is to create a vision board. You'll need supplies like scissors, a display board, glue, markers, and anything else you can think of to decorate your board.

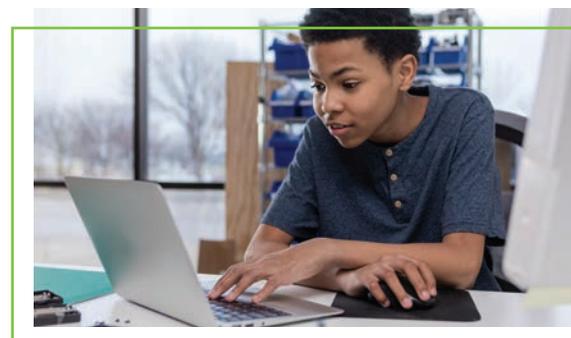
- Think about what words inspire you and what goals you have for your money.
- Cut out words and pictures from magazines, and print images from your computer.
- Arrange and glue the cutouts to your board and decorate it.
- Place your vision board where you'll regularly see it.

Make a commitment to add a little to your savings every time you earn or receive money.

***Let your goals start to manifest!***

## Security Tip PRIVACY

Be careful how much personal information you share online, especially on social media. Never share your private details like phone number, address, or current location. And especially never share any of your login information with anyone. It's also a good idea to make all your online accounts private and secure. Finally, don't forget to enable the privacy settings in each social platform.





## Quarterly Mental Health Tip Emotional Recognition

Do you recognize when you're feeling stressed, fearful, angry, hurt, or anxious? Sometimes these feelings wash over us and create a sense of being overwhelmed.

Think about the last time you experienced your emotions. Did you feel it physically in your body? Did you shake or turn red in the face? Understand that your emotions don't have to control you. You can take control.

The next time you feel your emotions washing over you, find a quiet place, close your eyes, and take ten deep breaths, breathing into your belly. If you have a journal, write down everything that's swimming around in your head. Don't worry about writing in complete sentences, no one will read this but you. Dump everything you're feeling onto the pages of your journal.

Taking the time to breathe, write down what you're feeling, and process your emotions will help you get through them.

# EARTH DAY 2022: INVEST IN OUR PLANET



It's the only home we have. You have the power to make your voice heard through your choices, actions, and personal interactions. What each of us does has a ripple effect on everything around us!

### Earth Day is Friday, April 22. What can you do?

- o Take a digital detox and head outside.
- o Ride your bike or walk to school.
- o Say no to meat and eat plant-based meals.
- o If you go clothes shopping, go thrifting!
- o Create a work of art from items found in the recycling bin.

## RCU Calendar

**RCU will be closed on the following dates:**

**Memorial Day** – Monday, May 30

**Juneteenth observed** – Monday, June 20

**Independence Day** – Monday, July 4

Remember, you can access your account online or with our mobile app 24/7/365!



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