



# Financial Confidence for Widows

Many experts agree that while the grieving process upon losing a spouse can take a year or two to begin receding, the process of mourning the loss of your spouse may never go away. That first year or two, however, can be a chaotic time in which you try to process the seven stages of grief: shock, denial, anger, bargaining, depression, acceptance and processing.

## Taking Steps Toward Financial Confidence

The first year of navigating life without a spouse can be difficult and emotional – it's best to not make any major financial decisions in that first year if you can avoid them.

### 1 Step One: Ask for Help

You don't have to go it alone. There are people who can help you wade through the responsibilities and tasks that come with continuing after the loss of a spouse. A professional advisor without any emotional investment to the situation can prove invaluable at this time.

### 2 Step Two: Simplify

Identify what opportunities there are to simplify your finances and responsibilities. If your spouse typically handled your finances before their passing, now is the time to gain control and simplify. If you are accustomed to managing your finances, it's time to find ways to make money management easier and less of a chore.

### 3 Step Three: Take Control

You might find yourself questioning why your spouse handled money the way they did, but now isn't the time to dwell over past mistakes. Instead, turn your focus toward taking control of your finances now. This is yet another instance where an advisor can be of great help.

## Financial Confidence Is in Your Reach

We can't take away your pain from the loss of your spouse, but we can guide you toward becoming more comfortable and secure in handling your finances now and in the future. Reach out to schedule a conversation.

Investment advisory services offered through Lane Brothers Investment Counsel, an SEC Registered Investment Advisor.

