



Financial Awareness Unlocked: Tackling Managing Your Money And Building Confidence.

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Over 18% of households in Scotland are experiencing serious financial difficulty right now, with one in five households struggling to pay for food or other essentials. That's over 1.3 million adults finding it tough on their current income. The current cost of living pressures are a significant challenge for many households, further straining their budgets. Many households have no safety net at all, with 32% of Scottish households reporting having no savings.

Without even a small buffer, missing bills or facing an unexpected cost, or not being able to buy essentials, can be extremely distressing and have a significant impact on family life, health and wellbeing.

What is financial awareness?

Financial awareness is knowing what's coming in and going out, spotting what support you can get, and seeing if you can make some small plans ahead. Managing money can feel very overwhelming, when every penny counts and essentials keep rising in price. Financial awareness isn't just a smart buzzword though; it can be a powerful tool to help you stay afloat.

Why financial awareness is vital.

Money worries can affect our daily lives, physical and mental health. Around 36% of Scottish households feel they have no control over their financial situation, while a similar proportion say that financial worries cause them to sleep poorly at night (35%), and 37% report that their financial situation is causing their mental health to deteriorate.

But awareness of what's coming in and out, your spending habits, making small plans, and moreover for many of us, tackling what you are avoiding and asking for help, can significantly reduce stress and improve confidence.

How being money-aware helps.

Being money aware can boost financial wellbeing and help people avoid high-cost debt, buffer against shocks, and protect your mental health.

It isn't about shame or blame: it's about trying to build a bit of stability, even when every week feels tight. It's about reaching out for help. Seeking expert advice can be the difference between skipping meals, heating the home, or keeping a roof overhead.

Money awareness helps to support better decisions and means you don't miss out on help that's already available to you. Scotland has strong networks of support, government-funded, charity-run, or community based, but only if you know how to use them.

For people with limited income, being aware of [benefits you are entitled to](#), supports such as [help with living costs](#), [charity grants](#) and [budgeting tools](#), can add hundreds or even thousands of pounds into your budget each year.

Top tips to empower yourself and find expert support.

- **Start talking about money:** share your worries with someone you trust or an expert from one of the organisations listed in this article. [Perceived stigma around money and debt](#) can prevent people from reaching out, but do take the leap, as talking about money [helps to reduce fear and stress](#), and leads to clearer decisions.
- **Find out what help you're due:** benefit calculators like those from [Turn2us](#), will give you a basic overview of what you're entitled to, or for a more detailed understanding, you can look at [entitledto](#). These tools will help you find out about the missing support you could be getting.

- **Make a simple budget:** note down your income and list monthly commitments including rent, utilities and food, using a [budget planner](#). Try and see if any small changes could ease pressure.
- **Learn simple budgeting habits:** if possible, setting aside even small amounts, tracking spending, and planning for irregular costs can reduce surprises and anxiety. Different tools can help you build financial confidence, such as Citizens Advice Scotland's [Money Map](#) or the [Mental Health and Money toolkit](#) from [Mental Health and Money Advice](#).
- **Check free advice services:** get help with bills and debt early, where advisors can negotiate with creditors and settle debt in ways that feel manageable. Or if your debt has been ongoing, you can access debt advice around restructuring and reducing debt burdens, amongst other solutions. [Citizens Advice Scotland](#), [StepChange Scotland](#), [Money Advice Scotland](#) and [National Debtline](#), all offer free money advice.

At its heart, financial awareness is a practical, empowering tool. It's not about pretending everything is easy, but about gaining small changes that add up. If you're getting by on a low income, no savings, and uncertainty, taking steps to understand your money better isn't wasted time. It's a step towards more security.

Being aware includes knowing where to turn. There's no shame in seeking advice, these services are in place exactly for times like these: [help is free](#), and ready when you are, to take the first steps.