

SUPPORTING YOUR MENTAL HEALTH: ACTIONABLE STEPS AFTER FINANCIAL FRAUD



Recovering from financial fraud can be an emotionally taxing experience. In addition to the practical steps for addressing the fraud itself, it's essential to take care of your mental health during the process. Here are the top 10 steps someone can take for their mental health after experiencing financial fraud:

Acknowledge Your Feelings

It's normal to feel a range of emotions, such as guilt, anger, embarrassment, anxiety, or sadness, after being defrauded. Allow yourself to process these feelings without judgment. Recognizing and accepting these emotions is the first step in healing.

Reach out for Support

Talk to someone you trust, whether it's a friend, family member, or therapist. Having someone to listen can help alleviate the emotional burden and provide comfort. Support groups for fraud victims can also be helpful for shared experiences and understanding.

Seek Professional Help

If the emotional impact of the fraud is overwhelming, consider seeking professional help from a therapist or counselor. Cognitive-behavioral therapy (CBT) or trauma-focused counseling can help address the psychological toll of the fraud.

Practice Self-Compassion

It's common to feel guilty or ashamed after falling victim to fraud. Be kind to yourself. Remind yourself that fraud can happen to anyone, and this experience does not define your worth or intelligence.

Manage Your Stress

Engage in stress-reducing activities. These techniques help calm the mind and body, reducing anxiety and support resilience.

Limit Exposure to Activators

If hearing about similar fraud cases or dealing with financial institutions causes stress, try to limit your exposure to those activators. Take breaks from dealing with the situation when you need to, and focus on activities that bring you peace.

Focus on What You Can Control

Take small, manageable steps to regain a sense of control. Break down tasks like reporting the fraud, securing your accounts, or reaching out for support into smaller actions. This can reduce feelings of helplessness and increase a sense of agency.

Engage in Healthy Activities

Invest time in activities that make you feel good, such as hobbies, spending time in nature, reading, or exercising. Doing things you enjoy can provide a mental break and improve your overall mood.

Stay Connected with Others

Social isolation can worsen feelings of anxiety and depression. Stay in touch with loved ones and let them know how you're doing. Positive social connections, like joining a peer support group, can help to build emotional resilience and provide a network of support.

Give Yourself Time to Heal

Understand that emotional recovery takes time. Financial fraud can shake your trust in others and in systems, and it's important to be patient with yourself. Set realistic expectations for your healing process, and know that it's okay to seek help when needed.