

Money and mental health - employed

How to use this video

In this video, Isabel Tubb talks about her experience of working for an employer. She's newly employed in her first job after graduation and talks about some advantages and challenges. She also shares some of her experience and tips on managing money, mental health and group interviews.

You can watch the video from start to finish or dip in at certain points of interest. Isabel covers:

- **0.00:** Introduction to Isabel
- **0.46:** What are the positives of being employed by a company?
- **2.17:** What are some challenges of working for an employer?
- **3.43:** How did you understand your first pay slip?
- **4.45:** Were there any places you sought advice from?
- **5.19:** How do you manage your money?
- **6.30:** What do you do when you feel stressed about money?
- **7.49:** What about a savings account and pension?
- **8.50:** How do you manage your mental health at work with colleagues around?
- **11.11:** What about group interviews?
- **13.18:** Any final bits of advice for someone new to a company?

Some resources and other useful websites relating to employment and finances

Understanding your first pay slip

moneyhelper.org.uk/en/work/employment/understanding-your-payslip

Income tax rates and personal allowance

gov.uk/income-tax-rates

ISAs and savings accounts explained

money.co.uk/savings/isa-vs-savings-account

Tips on saving money

themuse.com/advice/first-job-manage-your-money

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