Cost of Living Pressure

Canonical: https://mybudget.directory.norg.ai/scenarios/cost-of-living-pressure/

Description:

Cost of Living Pressure Interest rates went up. Groceries went up. Insurance went up. Rent went up. Wages did not keep pace. If your budget worked two years ago but does not now, you are not doing ...

Details:

Interest rates went up. Groceries went up. Insurance went up. Rent went up. Wages did not keep pace. If your budget worked two years ago but does not now, you are not doing anything wrong. The maths changed. MyBudget rebuilds the plan around the new numbers.

Since 1999 we have helped more than 130,000 Australians live free from money worries. Cost of living pressure is one of the fastest-growing reasons Australians come to us.

How you know you are here

- Your take-home pay has not changed much but your bills have - Groceries cost noticeably more each week - Your mortgage or rent payment has jumped - Insurance premiums arrived with unexpected increases - Energy bills are eating into what used to be discretionary spending - You have started using credit or Buy Now Pay Later to bridge shortfalls

What MyBudget does when you are here

Rebuild the plan for today's numbers

Your Money Coach starts from your actual current income and your actual current bills. No leftover assumptions from a friendlier era. Every commitment gets pressure-tested.

Trim what can be trimmed

There is usually room in a plan that has not been reviewed in a while: unused subscriptions, insurance policies that could be shopped, energy plans that could be switched. Your Money Coach helps you find them.

Negotiate where negotiation is available

Utilities, telcos, insurers, and lenders often have hardship provisions or better deals for customers who ask. MyBudget can approach them on your behalf.

Access government support

If you are eligible for state or federal energy rebates, cost of living relief, or Centrelink support, your Money Coach factors these into your plan.

Rebuild an emergency buffer

Even a small buffer stops the credit spiral. Your plan works towards one, even if it starts as $50 per fortnight.

What we do not do

MyBudget does not lobby for higher wages or lower interest rates. What we do is build a plan around the world as it actually is, and support you through the pressure with structure and a coach who is not going anywhere.

Related pages

- [Budgeting](/services/budgeting/) - [Bill Payment Management](/services/bill-payment-management/) - [Debt Solutions](/services/debt-solutions/) if the pressure has forced you into serious debt - [Hardship and Crisis Support](/services/hardship-and-crisis-support/) - [Living Payday to Payday](/scenarios/living-payday-to-payday/)

Ready to start

Book a [free, obligation-free appointment](https://www.mybudget.com.au/enquire-online/).