

Financial Resuscitation *for Doctors*



**Your first-aid kit for money stress —
practical, evidence-based steps
tailored to Kiwi doctors.**

Welcome!

Right now, it feels like the whole system is under pressure — SMO strikes, Health NZ uncertainty, rising costs, a volatile market, and a government more interested in replacing doctors than supporting them. It's no wonder so many of us are stretched thin — financially, emotionally, mentally.

But here's the truth: well-managed money is like a sturdy boat in rough seas. You'll still feel the waves — but they won't sink you. You can steer with confidence, change course when needed, and keep heading toward calmer waters.

This guide is here to help you build that boat.

Simple, practical steps — tailored for Kiwi doctors — to get your finances organised, reduce stress, and move toward a life that feels more secure, sustainable, and aligned with your values.

Let's get started. You deserve to feel calm and confident with your money.

This guide is your starter kit — the DRSABC of financial health. Once you stabilise the basics, you'll be ready to dive deeper into specific doctor challenges like KiwiSaver, parental leave, or investing.

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D DANGER

Stop and assess your situation

Before you start any financial treatment plan, you need to assess the current risks.

- ? Living paycheck to paycheck despite a high income?
- ? Overwhelmed by mortgage repayments, debt, or unexplained spending?
- ? Constant low-level stress about money but don't know where to start?

⚠ If yes, you may be in the **financial danger zone**.

You can't fix what you can't see — **check your financial vital signs today:**

Calculate Your
Net Worth



Track Your
Spending



This is just basic triage to figure out where you are right now. No shame, no guilt — just clarity on where your money is going.

R RESPOND

Take immediate action to stabilise your finances

Once you've spotted the risks, it's time for immediate stabilisation. These are your quick wins — simple actions that free up cash and build a buffer against financial shock.

-  Cancel unused subscriptions
-  Pause non-essential spending
-  Reassess old memberships



Bandaid Buffer

If you can't cover a \$2,000 expense, you're financially vulnerable — no matter your income. This is your temporary fix - not a full emergency fund.

 **Make this your first priority**



Debt Triage

Credit cards or buy-now-pay-later debt = **financial emergency.**

- Pause non-essential spending
- Pay off the debt with the highest interest first



SEND FOR HELP

You don't have to do this alone

Financial stress is a quiet but powerful driver of burnout — even for doctors.

It's not just about numbers, it's about feeling out of control. High income doesn't guarantee immunity. In fact, the pressure to "look like you've got it all together" can make it even harder to ask for help.

Where to Start

- 🩺 **EAP** — yes, you can talk about money stress
- 🤝 **Free mentors** — [Sorted](#) has excellent services
- 📊 **Healthy Wealth Free Resources**
- 👤 **Trusted person** — a partner or friend; money chats break the pressure

Next Step: **Join the Community**

Stay connected and keep learning:

✉️ **Free Substack** — weekly evidence-based money insights for NZ doctors

👤 **Facebook Group** — Money Matters for Women in Medicine NZ

💬 Keep the conversation going — you're not in this alone

[Subscribe to FREE Substack](#)



Protect your most important financial asset - your income

Life can change in an instant.

In medicine, we see it every day. Health — and life — can be lost suddenly. But what if it were you? It's confronting, but vital to plan for.



Build Your Emergency Fund

- After you've sorted your Bandid Buffer, start building your full Emergency Fund with a minimum of 3 months' living costs.
- If you want more info or guidance, check out:



Protect the Basics

- Your Emergency Fund is a great start but what about if you couldn't work for a year or more?
- Have you considered personal insurance?



Future Proof Your Family

- Wills, EPoA... Not for you, but for those who rely on you.



Wellbeing Is Wealth

Burnout, anxiety and depression are financial risks too — and often not covered by insurance.

Protecting your energy is just as important as protecting your income

B BREATHE

Don't Let Lifestyle Creep Choke Your Finances

Your financial future doesn't start with a big windfall — it starts with what you do each payday.

The rule is simple:
 👉 **Spend less than you earn.**

Even \$1 million a year won't create wealth if you spend it all. The moment your income stops, the house of cards collapses.

Spot the Lifestyle Creep Triggers

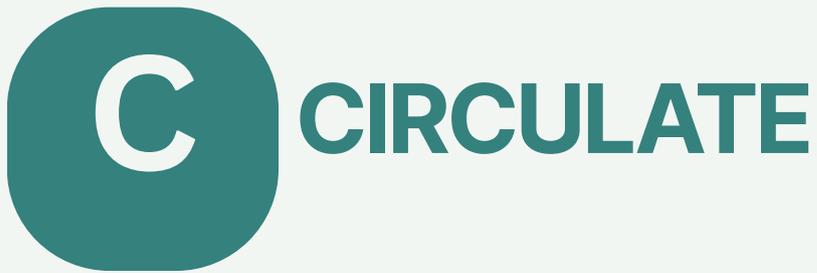
- Pay rise
- Paid off Student Loan
- House officer → registrar pay bump
- Bonus or locum income
- Tax refund

▶ If you were managing without it before, don't just absorb this new money into your spending - give it a job!



Action Step: Create Breathing Space

- Spend less than you earn — every payday
- Give every extra dollar a job before it disappears



Get your money working for you

Once you've stabilised your finances, it's time to get your money flowing. Circulation means putting your dollars to work — not leaving them idle in low-interest accounts where inflation erodes their value.



KiwiSaver

- Match your fund type to your timeline (retirement far away vs buying a house soon)
- Fees matter — higher fees don't always mean higher returns
- Use the KiwiSaver Checklist for Doctors for guidance



Investing

- Start with low-fee, diversified index funds
- Automate contributions for consistency
- Think long-term, not daily market swings
- Best time to start? Yesterday. Next best? Today.



Property

- Saving for your first home?
- Paying off your mortgage faster?
- Considering an investment property?

Property is popular in NZ, but it's not the only way to build wealth. Focus on options that fit your goals, risk tolerance, and life stage.



Don't Ever Forget GOALS

The point of money is to use it!

This is the exciting part of money — once the basics are stable, you get to dream!

Money isn't just bills and budgets. It's a tool to shape your future, create options, and build the life you actually want.

Picture that life — then turn it into goals. Start small to build momentum, and let those steps carry you toward your bigger dreams.



**\$2000
Bandaid Buffer**

**Pay cash
for a new outfit**

**Take 6 months off
to travel!**

Your Goals, Your Life

The best goals are yours — not what looks good online or what someone else expects.



Thanks for reading — I hope this guide gave you a clear first step.
You'll find more free resources and doctor-specific tools at

www.healthywealth.nz

If you're feeling stuck, reach out anytime:

welcome@healthywealth.nz

[Join the FREE Substack](#)

Disclaimer: This resource is for educational purposes only and is not financial advice. It does not take into account your personal financial situation, goals, or needs. If you are seeking personalised financial advice please speak to a licensed financial adviser.