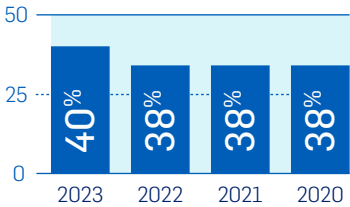


2023 FP Canada™ Financial Stress Index



Two-in-five Canadians

say money is their top source of stress, the first increase since 2020

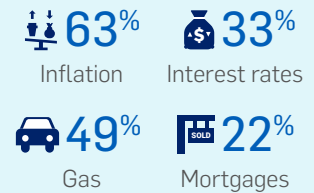


Other top sources of stress:



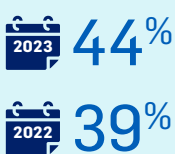
The rising cost of **groceries** continues to be the top external factor (69%) impacting Canadians' financial stress

Other top external factors:



THE IMPACT OF FINANCIAL STRESS

Canadians are feeling **less hopeful** about their financial futures

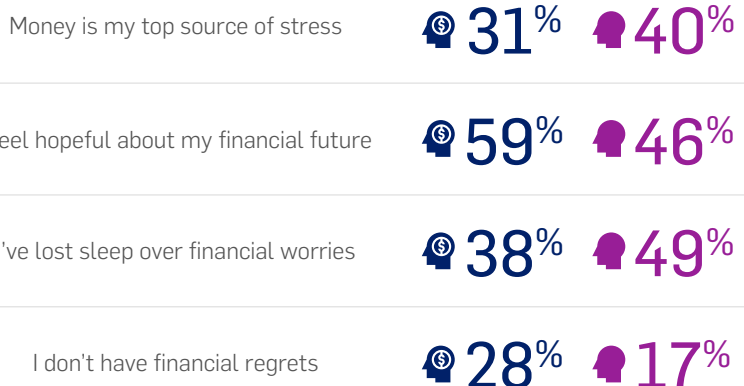


More Canadians are losing sleep compared to last year



Working with a **CERTIFIED FINANCIAL PLANNER®** professional or **QUALIFIED ASSOCIATE FINANCIAL PLANNER™** professional helps reduce stress

What Canadians said:



With financial planners Without financial planners

TAKING STEPS IN THE RIGHT DIRECTION

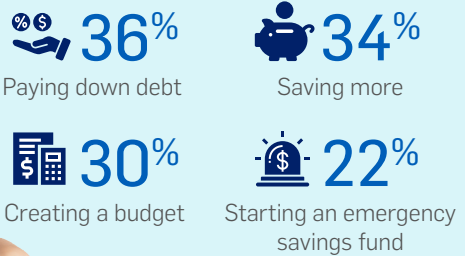
Tracking expenses

is the step Canadians are most likely to take to reduce financial stress

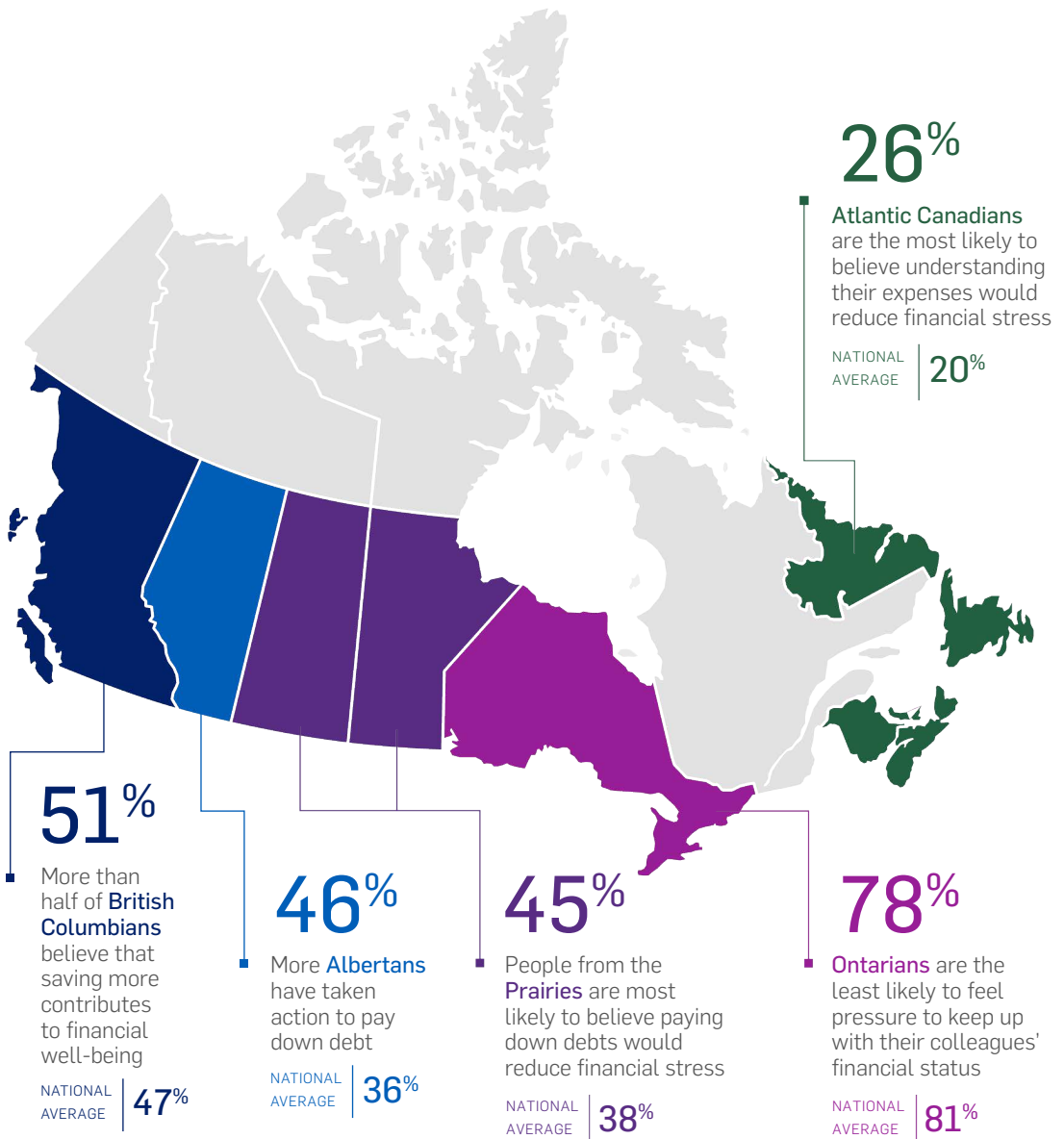
44%



Followed by:



COAST-TO-COAST STRESS CHECK



An online survey of 2,004 Canadians was completed between March 29-April 7, 2023 using Leger's online panel. No margin of error can be associated with a non-probability sample (i.e. a web panel in this case). For comparative purposes, though, a probability sample of 2001 respondents would have a margin of error of ±2.2%, 19 times out of 20. Note: a booster sample of 2001 respondents was engaged to ensure a diverse range of ethnicities and cultural backgrounds were fully representative of all Canadians. CFP®, Certified Financial Planner® and CFP logo are trademarks owned by Financial Planning Standards Board Ltd. (FPSB) and used under license. QAFF®, Qualified Association Financial Planner™, QAFF logo and all other trademarks are owned by FP Canada™ © 2023 FP Canada™. All rights reserved. June 2023