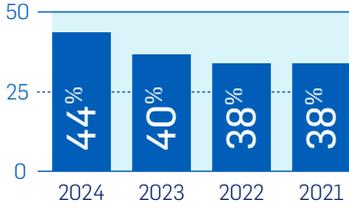


2024 FP Canada™ Financial Stress Index



Financial Stress is on the Rise in Canada

44% of Canadians say money is their primary source of stress over other factors.



Other Top Sources of Stress



Despite financial worries,

91%

of Canadians are taking action to reduce stress.

Top Steps Canadians are Taking



PRIORITIZING FINANCIAL WELL-BEING BUILDS RESILIENCE

As Canadians take charge of their finances, **one-in-two Canadians** feel more hopeful about their financial futures.



Canadians who work with a financial professional feel more optimistic about their financial futures.



STRESS LESS: THE POWER OF PROFESSIONAL FINANCIAL SUPPORT

Working with a **CERTIFIED FINANCIAL PLANNER**[®] professional or **QUALIFIED ASSOCIATE FINANCIAL PLANNER**[™] professional helps reduce stress and improves outlook.

WHAT CANADIANS SAID

With a Financial Planner | **Without a Financial Planner**



COAST-TO-COAST STRESS CHECK

31%

of Atlantic Canadians have created a budget to reduce financial stress.

33%

of British Columbians work with a financial professional to reduce financial stress.

46%

of Albertans have paid down debt to reduce to financial stress.

50%

of people from Manitoba and Saskatchewan feel hopeful about their financial futures.

43%

of Ontarians have tracked expenses to reduce financial stress.