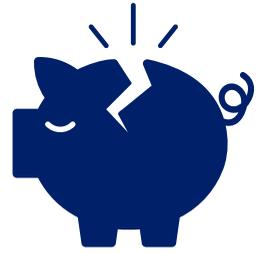
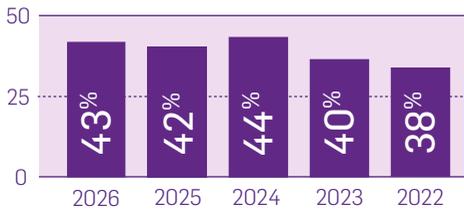


2026 FP Canada™ Financial Stress Index



TOP SOURCES OF STRESS OVERALL

Money remains the **top source** of stress for Canadians



Other top sources of stress



FINANCIAL WELL-BEING

More Canadians are taking action to improve their financial well-being



Took steps to reduce financial stress
↑ Up 3% from 2025



Saved more
↑ Up 4% from 2025

WHAT'S CAUSING CANADIANS' FINANCIAL STRESS?



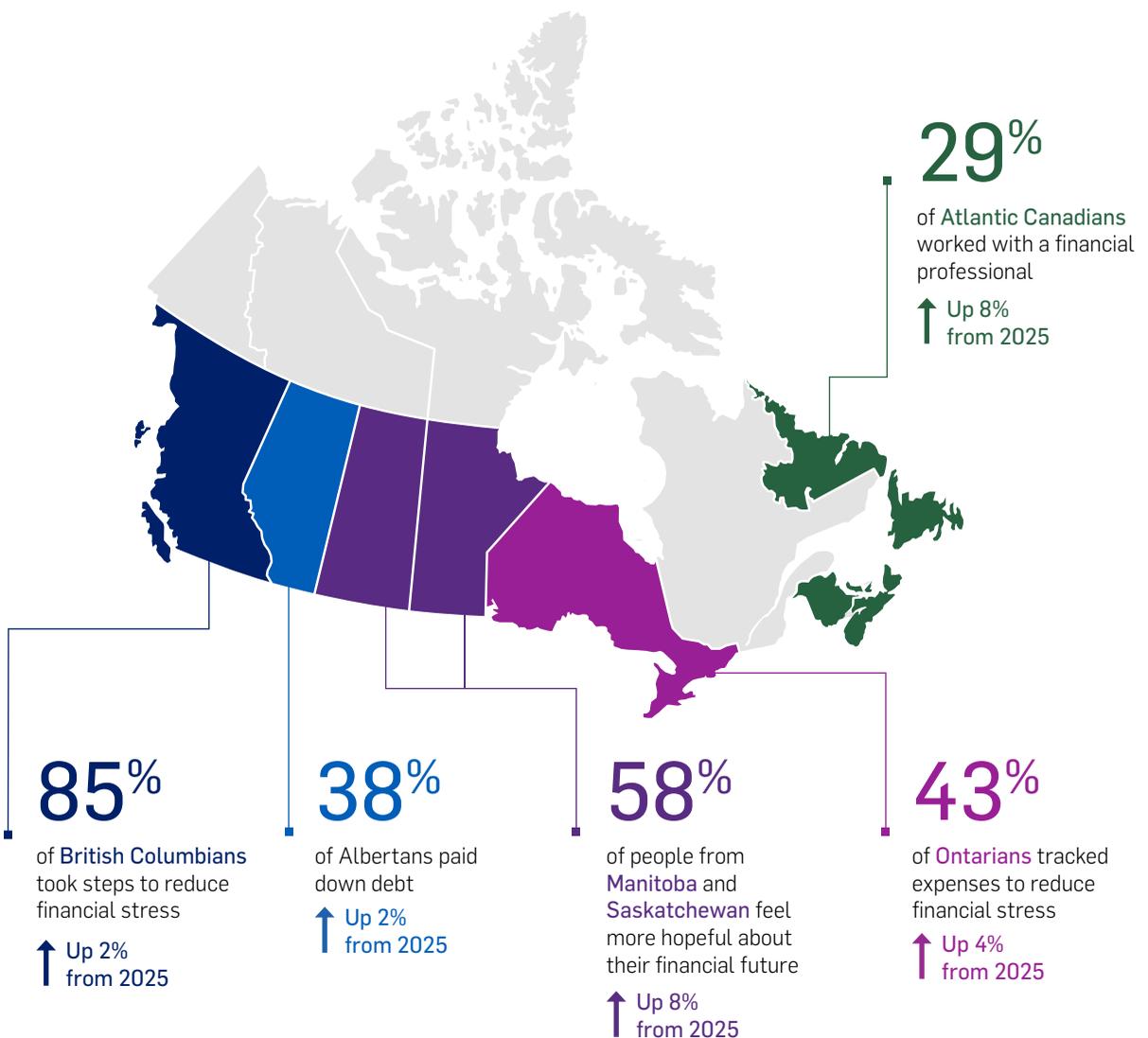
The Power of Professional Financial Support

Canadians working with financial professionals, such as **CERTIFIED FINANCIAL PLANNER®** professionals or **QUALIFIED ASSOCIATE FINANCIAL PLANNER™** professionals, experience less financial stress

What Canadians Said

WITH A FINANCIAL PROFESSIONAL		WITHOUT A FINANCIAL PROFESSIONAL
34% Money is my top source of stress	⚠	48% Money is my top source of stress
41% I've lost sleep due to financial stress	🕒	55% I've lost sleep due to financial stress
57% I feel more hopeful about my financial future than I did a year ago	🌱	47% I feel more hopeful about my financial future than I did a year ago

Encouraging Shifts Across Canada



The Financial Stress Index is conducted each year for FP Canada by Leger, the largest Canadian-owned market research and analytics company. The 2026 Financial Stress Index was completed between January 6 and January 15, 2026, using Leger's online panel, receiving 2,002 Canadian respondents nationwide. For comparative purposes, though, a probability sample of 2,002 respondents have a margin of error of ±2.2%, 19 times out of 20.

CFP®, Certified Financial Planner® and CFP logo are trademarks owned by Financial Planning Standards Board Ltd. (FPSB) and used under license. QAFP®, Qualified Associate Financial Planner™, QAFP logo and all other trademarks are owned by FP Canada™ © 2026 FP Canada™. All rights reserved. March 2026