

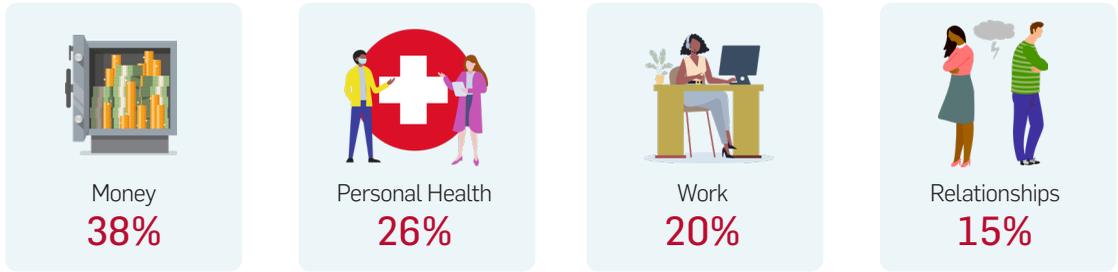
2021 Financial Stress Index

Two-in-five Canadians say **money** is their **#1 source of stress**

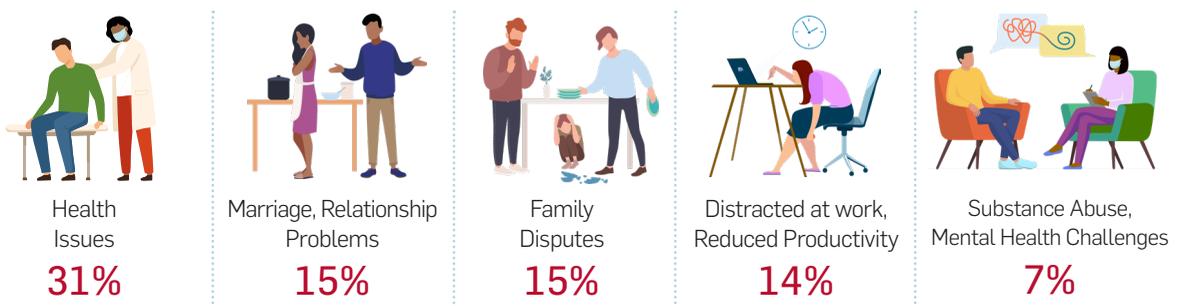
Even amid a public health crisis, money outranked personal health for the fourth consecutive time



What's causing Canadians the most stress?



What are the impacts of financial stress?



Is financial planning the cure for cash-related stress?

Canadians who work with a **CERTIFIED FINANCIAL PLANNER®** professional or a **QUALIFIED ASSOCIATE FINANCIAL PLANNER™** professional sleep better and report lower levels of money-related stress.

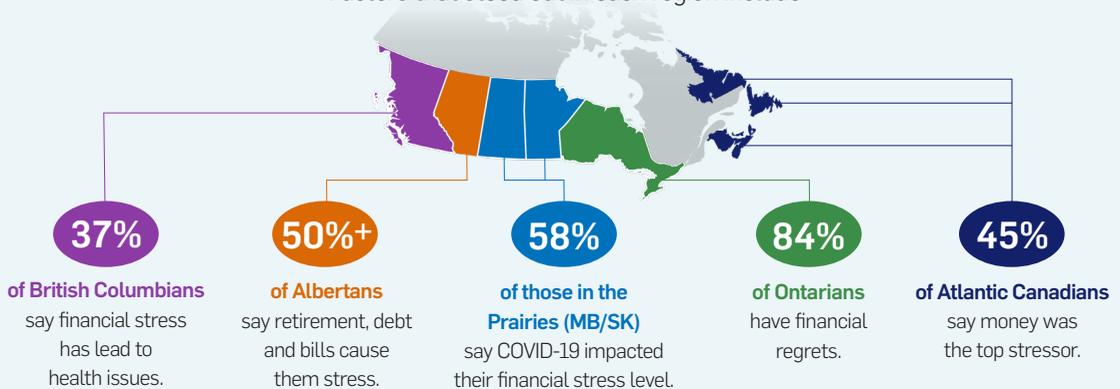


Does this sound like you?

	With Planner	Without Planner
Money is my top cause of stress	23%	39%
I have lost sleep because of financial worries	40%	52%
My financial stress has led to health issues	20%	31%
I feel more hopeful about my financial future today	73%	56%

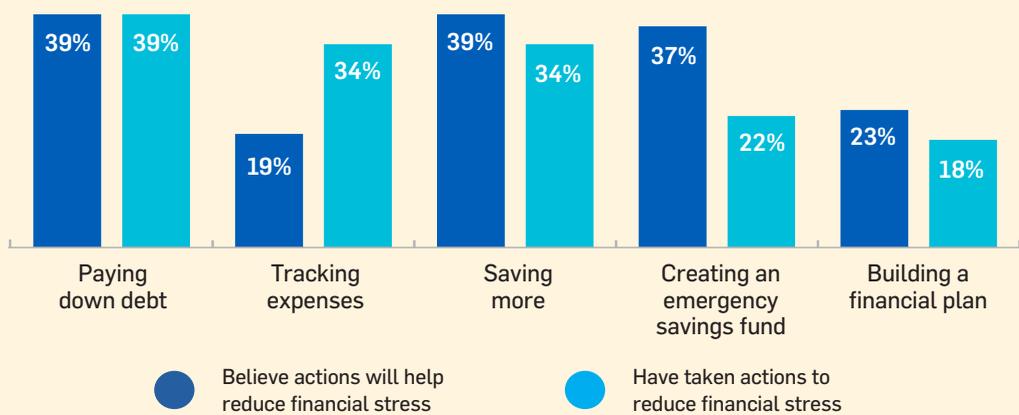
Stress check across the country

The role that money plays in stress varies from region to region. Factors that stood out in each region include



Are we taking the right steps to keep financial stress in check?

Canadians believe there are actions they can take to help reduce their financial stress



Only one-in-10 Canadians think nothing can reduce their **financial stress**



Four-in-10 working with a financial planner are financially **stress-free**

