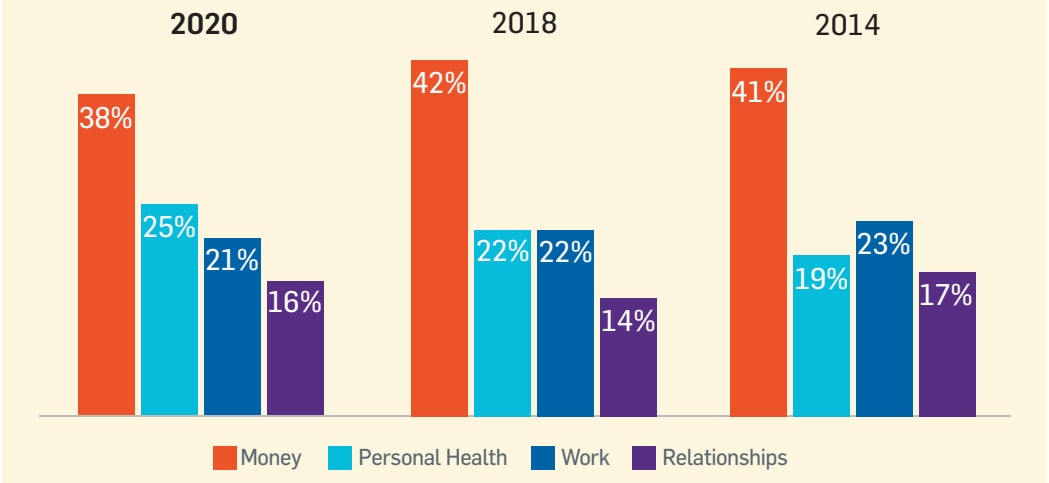
FP Canada™
Advancing Professional Financial Planning

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2020 Financial Stress Index

Money is the number one cause of stress for four-in-10 Canadians



What are the impacts of financial stress?



Health Issues
18%



Relationship problems
15%



Reduced productivity
14%



Family disputes
13%

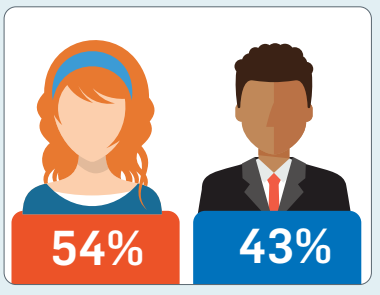


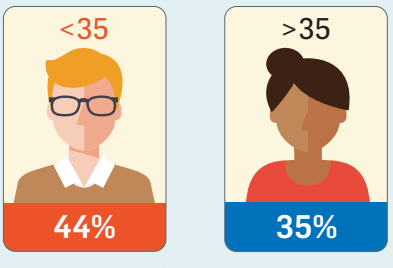
Substance Abuse /mental health
10%



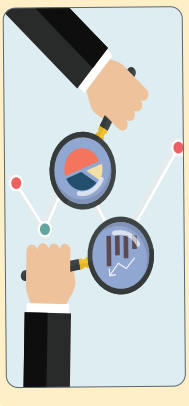
Half of Canadians are losing sleep over financial worries

Women are more likely to lose sleep than men





Younger Canadians are **far more stressed** about money than older Canadians



More than half working with a financial planner said financial stress does not impact their life

Only **37%** without a planner report feeling no impact

Those without a financial planner worry more about money than those with a planner

Without a financial planner four-in-10 **(39%)**



With a financial planner one-in-four **(25%)**



An online survey of 1,510 Canadians was completed between May 21-23, 2020, using Leger's online panel. The margin of error for this study was +/-2.5%, 19 times out of 20.

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