





Canadians' Financial Preparedness

1/4 
are *struggling*
to keep up with bills

1 in 3
*not financially
prepared for the
pandemic*



72% 
say debt has been
impacted by COVID



24% 
say *everyday living*
caused their debt

19%  
say *impulsive shopping*
has pushed them into debt

Debt and Mental Health

1 in 10 *feel anxious
about managing
their debt*
repayments, their everyday
spending or their overall spending

46% 
say debt is *impacting*
their mental health 

46%  
have *negative emotions* about
their financial future

35% 
are *losing sleep*
over their debt (^{^7%}) 

Canada, you're not alone

The COVID-19 pandemic has impacted the financial goals and overall well-being of millions of Canadians, through job losses, fluctuating costs, and rising debt stress. But Canada, you're not alone. Now is a good time to contact a financial professional to help you get back on the right path. Whether it's over the phone, or over a virtual coffee, a little chat can make a big difference.

A little can do a lot.™



The Good News

Over **1 in 4** *have no debt
outside of a
mortgage* (^{^6%})

16% *more savings
being made*
by Canadians vs 2019 (14%)

**Quarantine may have limited
large purchases or vacations,
which many would have
been paid for on credit.**

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your finances at
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