**Canadians' Financial Preparedness** 

**1/4** |\$ are struggling to keep up with bills

**1** in **3** not financially prepared for the pandemic

# **72%** Å say debt has been *impacted* by COVID

#### 24% 19% say everyday living say impulsive shopping caused their debt has pushed them into debt

#### **Debt and Mental Health**

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

**46%** ⊗√ have *negative emotions* about their financial future

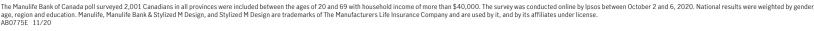
46% say debt is *impacting* their mental health

⊖<sup>z</sup> 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.<sup>™</sup>



The Good News

# Over in **Z**

have no debt outside of a mortgage (^6%)

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

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

#### Learn more ways to manage your finances at manulifebank.ca/debtsurvey