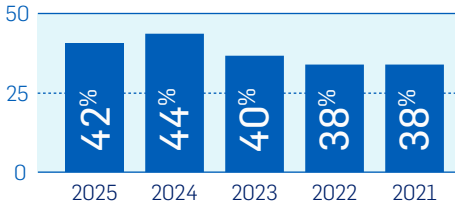


# 2025 FP Canada™ Financial Stress Index



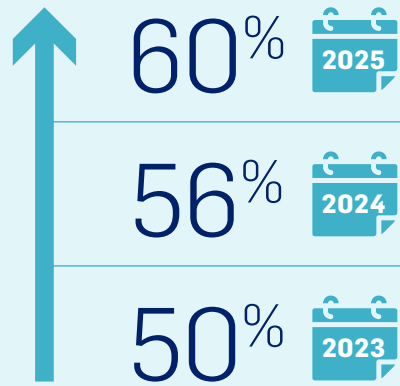
Money remains the top source of stress for Canadians



Other Top Sources of Stress



The percentage of Canadians working with a financial professional who are optimistic about their financial futures is increasing



## EVERYONE HAS THEIR REASONS

Barriers blocking Canadians from taking control of their finances

**68%**  
High cost of living

**52%**  
Fear of making wrong financial decisions

**51%**  
Don't have enough left after bills to save or invest

**44%**  
Prioritize other aspects of life over finances

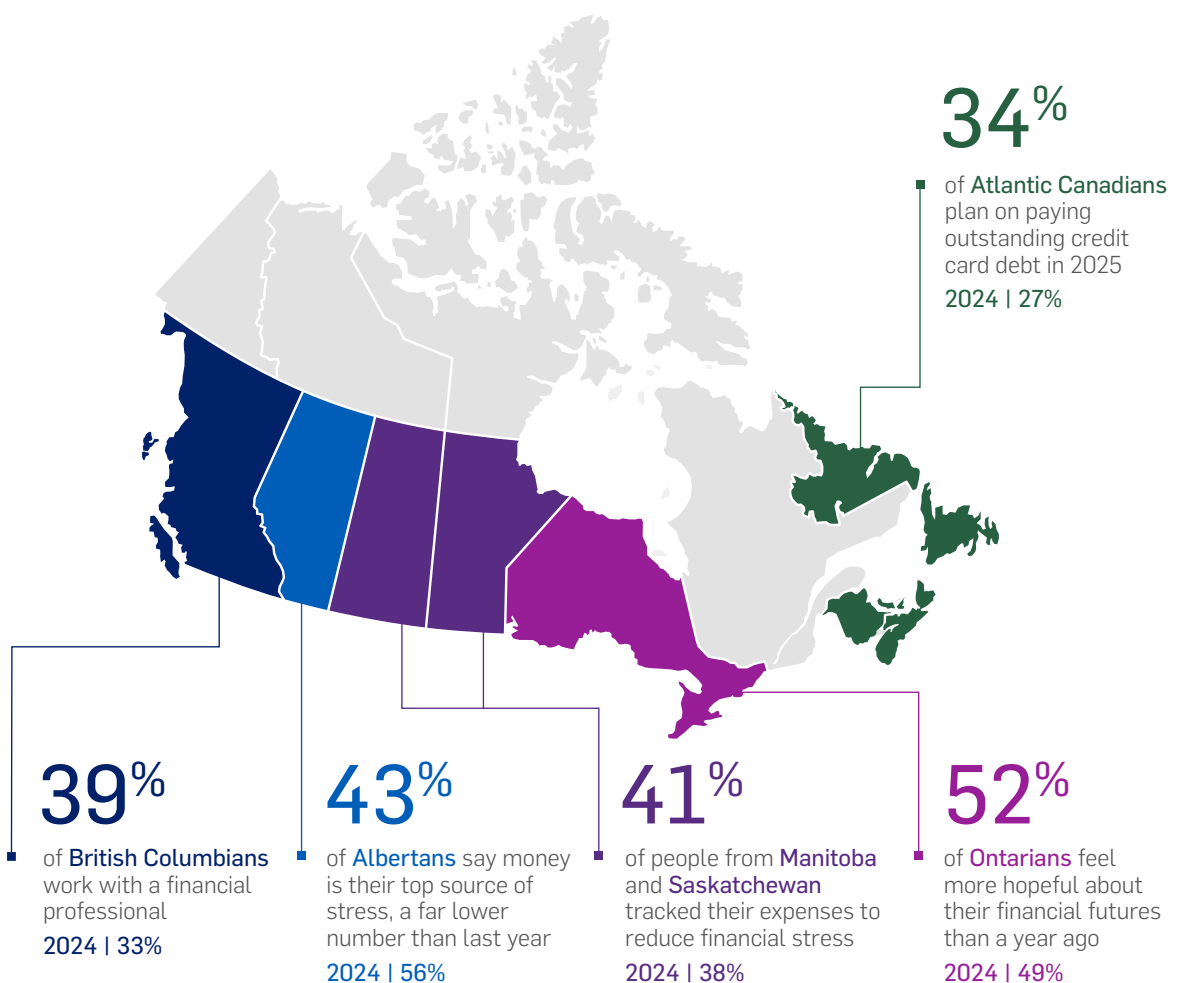
**43%**  
Procrastinate due to stress or anxiety

## 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
Money is my top source of stress	34%	48%
I've lost sleep due to financial stress	42%	53%
Financial stress has had a negative impact on my life	49%	58%
I am burdened by high costs of living (housing, groceries, gas prices, etc.)	61%	73%

## ENCOURAGING SHIFTS ACROSS CANADA



The Financial Stress Index is conducted each year for FP Canada by Leger. The 2025 Financial Stress Index was completed between January 6 and January 13, 2025, using Leger's online panel, receiving 2,010 Canadian respondents nationwide. For comparative purposes, though, a probability sample of 2,010 respondents have a margin of error of ±2.2%, 19 times out of 20.

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