




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.

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