

**We've heard from economists, but here's how Canadians are feeling about the current economy...**

**87%** of Canadians believe they will soon enter or are already in a **recession**

**1/2** Over half shared that their spending is now **outpacing their income**

**22%** say their **ability to afford essentials** has worsened over the past year

**48%** of Canadians feel **overwhelmed** by their financial situation

**Almost all** of Canadians surveyed admit they are worried about interest rates (85%) and inflation (94%)

**27%** of Canadians say their **mental health has worsened** over the past year

**54%** think it will take at least **2 years** for inflation to return to normal levels

**One area we can improve on? Being financially prepared and seeking professional advice.**

Only **42%** of Canadians asked have a **financial advisor**

Only **26%** of Canadians asked have a written **financial plan**

**79%** worry about being able to save for their **retirement**

**59%** feel **unprepared** for rising interest rates

**56%** state they are **carrying a balance** on their credit card every month

**1/2** of Canadians (53%) admit they would **struggle to handle any unexpected expenses** yet also admit they don't have a household budget plan (45%)

**They're also concerned about mortgage and housing costs**

**1/4** mortgage holders say that if rates rise much further, they will be **forced to sell** their homes when their mortgage renews

**81%** of Canadians still say there is a **housing affordability crisis**, despite falling house prices

**1/5** homeowners believe they **can no longer afford** the house that they own

**85%** of those renewing their mortgage in the next 12 months **are concerned** about what the renewal will mean to their finances.

**2/3** of homeowners are **worried about making their mortgage payments** (67%) and **how much they owe** on their mortgage (71%)

**64%** share they wanted to own a home but **couldn't afford to**

**So Canada, what can we do next?**

With continued rising costs, interest rates and inflation concerns, it's normal to worry about your financial situation, especially if you're currently not able to save.

That's why now more than ever, making a financial plan and seeking professional financial advice is so important, both for your short-term and long-term savings goals.

Learn more about your finances and get in touch with a financial professional at [manulifebank.ca/debtsurvey](https://manulifebank.ca/debtsurvey)

**About our Debt Survey**

Now in its twelfth year, the Manulife Bank of Canada poll surveyed 2,001 Canadians in all provinces between ages 20 and 69 with household income of more than \$40,000. The survey was conducted online by Ipsos between October 7 and October 12, 2022. National results were weighted by gender, age, region, and education. This survey has a credibility interval of +/- 2.5 per cent 19 times out of 20, of what the results would have been had all Canadian adults between the ages of 20 and 69 been surveyed.

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