

A good time to think about financial planning

FP Canada™ and the Institut québécois de planification financière (IQPF) launched Financial Planning Week in November 2009, as part of Financial Literacy Month, to raise awareness about the benefits of financial planning. As well, FP Canada™ publishes the annual Financial Stress Index to learn what is causing Canadians stress and to understand how professional financial planners are helping Canadians to achieve financial well-being.



If you're feeling stressed by your financial situation, you're not alone:

The 2024 Financial Stress Index shows a continued increase in money-related stress, with more Canadians likely to indicate money as a leading source of stress in 2024 (44%) compared to 2023 (40%).

Other top sources of stress are:

- Personal Health – 21%
- Work – 16%
- Relationships – 16%

How can you take control of your finances and reduce financial stress?

The good news is that many Canadians are seeking the help they need to better manage financial stress. The survey showed that Canadians who seek assistance from a financial professional, specifically from a financial planner, are less prone to money-related stress.

Those who don't work with a financial professional are 33% more likely to be stressed about money and 23% more likely to have lost sleep about financial worries.

Canadians who do work with a financial professional, such as a CFP professional or QAFP professional, are more optimistic about their financial futures (56%) than those who don't (48%).

Develop a financial plan with help from a professional planner

To discuss your financial plan, contact Reuter Benefits' licensed team of professionals by phone at 1-800-666-0142 or by email at retire@reuterbenefits.com. You can also learn more about FP Canada™ on their website at www.fpcanada.ca, or about the Institut québécois de planification financière (IQPF) at www.iqpf.org.