



Financial Consumer Agency of Canada
Agence de la consommation en matière financière du Canada

Invest in your financial well-being

FINANCIAL LITERACY MONTH



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Every year, more of us struggle to meet our financial commitments. Many of us carry high debt and don't even have access to basic emergency savings. In fact, Canadian households are devoting less of their disposable income to savings than ever before. Our debt-to-disposable income ratio is at an all-time high.

Whatever form debt takes – credit cards, student loans, mortgage, rent, lines of credit or car payments – it can add a lot of stress.

Aside from the obvious worry and anxiety, high debt stress can also manifest itself physically, from ulcers and digestive issues, to higher blood pressure and heart rate. It can even have an impact on your memory, sleep, mood, and immune system. Chronic financial stress can also result in higher reports of workplace absenteeism and diminished workplace performance,

and can cause (or add to) anxiety and depression.

If you are one of the many Canadians struggling with debt, there are resources to help. Before holiday spending starts, take charge of your finances so that you can reduce your day-to-day stress levels and live a healthier life.

The Financial Consumer Agency of Canada has information, tools and resources that help with achieving financial well-being, living within your means, managing money for student life, teaching children about money and knowing your financial rights and responsibilities.

Greater financial literacy at all stages of life can improve your financial well-being. Learn more online at canada.ca/financial-literacy-month.