

	Total	Economic Stress Index			
		Struggling	Uncomfortable	Comfortable	Thriving
<b>Sample size</b>	1992	443	490	527	533

*Regional sample sizes are unweighted. All other sample sizes, including column totals, are weighted to census data. Cells containing “\*%” are statistically zero, though at least one response was received. Blank cells indicate zero responses received. Sample sizes below 100 should be interpreted with caution.*

QM1. All things considered, do you think you are financially better off or worse off than you were a year ago?

	Total	Economic Stress Index			
		Struggling	Uncomfortable	Comfortable	Thriving
Better now	24%	2%	13%	26%	50%
The same as a year ago	39%	13%	42%	53%	45%
Worse now	36%	84%	43%	21%	4%
Not sure	1%	1%	1%	1%	1%

QM2. And a year from now, do you think you will be financially better off or worse off than you are now?

	Total	Economic Stress Index			
		Struggling	Uncomfortable	Comfortable	Thriving
Better a year from now	24%	6%	20%	24%	43%
The same as now	38%	21%	32%	48%	48%
Worse a year from now	28%	63%	36%	17%	4%
Not sure	10%	10%	12%	11%	5%

QM3. Thinking about grocery shopping and your household’s food budget, how easy or difficult would you say it is to afford to feed your household?

	Total	Economic Stress Index			
		Struggling	Uncomfortable	Comfortable	Thriving
Very easy	10%		1%	2%	34%
Easy	38%	1%	15%	66%	64%
Difficult	40%	62%	75%	27%	1%
Very difficult	10%	37%	5%	1%	*%
Not sure/I don’t do the grocery shopping	2%	*%	4%	4%	1%
Top2box	48%	1%	16%	68%	98%
Bottom2box	49%	99%	80%	28%	1%

QM3. (Rebase to exclude Not sure) Thinking about grocery shopping and your household's food budget, how easy or difficult would you say it is to afford to feed your household?

<b>Base = Exclude not sure</b>	1945	442	469	506	528
	Total	Economic Stress Index			
		Struggling	Uncomfortable	Comfortable	Thriving
Very easy	10%		1%	2%	34%
Easy	39%	1%	16%	69%	64%
Difficult	41%	62%	78%	28%	1%
Very difficult	10%	37%	5%	1%	*%
Top2box	49%	1%	16%	71%	99%
Bottom2box	51%	99%	84%	29%	1%

QM4. And when it comes to your living situation, whether you're paying a mortgage, renting, or otherwise, would you say the financial aspect of this is:

<b>Base = All</b>	1992	443	490	527	533
	Total	Economic Stress Index			
		Struggling	Uncomfortable	Comfortable	Thriving
Easy – no worries at all	14%	1%	1%	4%	49%
Manageable	49%	4%	53%	83%	47%
Tough	23%	58%	34%	5%	*%
Very difficult	9%	35%	5%	1%	
Not applicable/Not paying rent or mortgage	5%	2%	7%	7%	4%
Top2box	63%	5%	54%	87%	96%
Bottom2box	32%	93%	39%	6%	*%

QM4. (Rebase to exclude NA) And when it comes to your living situation, whether you're paying a mortgage, renting, or otherwise, would you say the financial aspect of this is:

<b>Base = Exclude NA</b>	1890	434	454	489	513
	Total	Economic Stress Index			
		Struggling	Uncomfortable	Comfortable	Thriving
Easy – no worries at all	15%	1%	1%	4%	51%
Manageable	51%	5%	57%	90%	49%
Tough	24%	59%	37%	6%	*%
Very difficult	10%	36%	5%	1%	
Top2box	66%	5%	58%	94%	100%
Bottom2box	34%	95%	42%	6%	*%

QM5. When it comes to the debt – if any – that your household currently holds, would you say this amount is...

<b>Base = All</b>	1992	443	490	527	533
	Total	Economic Stress Index			
		Struggling	Uncomfortable	Comfortable	Thriving
Not a problem at all	19%	*%	6%	14%	52%
A minor source of stress	42%	31%	61%	62%	14%
A major source of stress	22%	66%	23%	6%	1%
Don't have any debt	17%	2%	11%	18%	33%

QM6. And thinking about your own household's financial stress level, have you done any of the following in response?

<b>Base = All</b>	438	292	110	31	5
	Total	Economic Stress Index			
		Struggling	Uncomfortable	Comfortable	Thriving
Not going out as much for dinner/drinks etc.	86%	87%	87%	80%	40%
Trimming back other expenses (phone bill, streaming services, etc.)	69%	74%	62%	59%	34%
Changing your diet – eating lower quality, cheaper groceries	66%	72%	58%	42%	51%
Driving less	63%	68%	54%	51%	26%
Cancelling activities that you/your family do (i.e. hockey, dance lessons, gym fees etc.)	57%	61%	56%	13%	71%
Picking up extra work	37%	38%	32%	39%	54%
Looking for another job	33%	36%	22%	30%	71%
Other, specify:	4%	4%	5%	2%	

QM6. (Rebase to All respondents) And thinking about your own household's financial stress level, have you done any of the following in response?

<b>Base = All</b>	1992	443	490	527	533
	Total	Economic Stress Index			
		Struggling	Uncomfortable	Comfortable	Thriving
Not going out as much for dinner/drinks etc.	19%	57%	20%	5%	*%
Trimming back other expenses (phone bill, streaming services, etc.)	15%	49%	14%	3%	*%
Changing your diet – eating lower quality, cheaper groceries	15%	47%	13%	2%	*%
Driving less	14%	45%	12%	3%	*%
Cancelling activities that you/your family do (i.e. hockey, dance lessons, gym fees etc.)	12%	40%	13%	1%	1%
Picking up extra work	8%	25%	7%	2%	*%
Looking for another job	7%	24%	5%	2%	1%
Other, specify:	1%	3%	1%	*%	
Not a major source of stress	78%	34%	77%	94%	99%

**QM7. Suppose you were governor of the Bank of Canada. Would you ...**

	Total	Economic Stress Index			
		Struggling	Uncomfortable	Comfortable	Thriving
Continue to raise interest rates beyond 1% to reduce inflation further	27%	23%	23%	27%	34%
Maintain the status quo - see how recent raises affect inflation before taking more action	45%	40%	43%	50%	46%
Lower interest rates to ensure the housing and investment markets don't fall	13%	19%	16%	9%	8%
Don't know/Can't say	15%	19%	18%	14%	12%