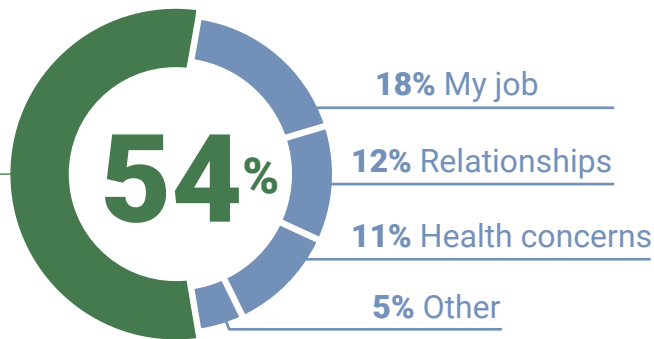


# How Does Financial Stress Impact You?

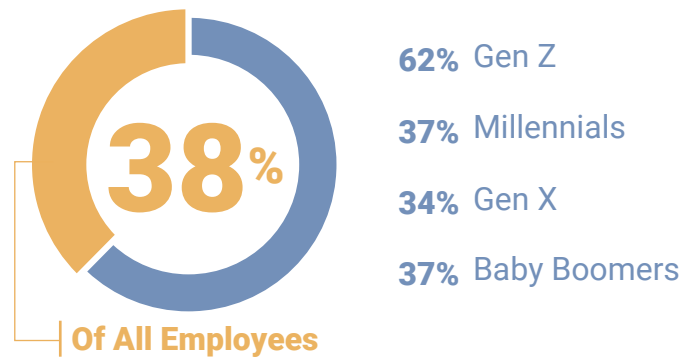


Which of the following causes you the most stress?



**Financial or Money Matters/Challenges**

Employees who have less than \$1,000 saved to deal with unexpected expenses:



**Of All Employees**

Recently PwC conducted their 9th annual Employee Financial Wellness Survey of full-time employees in the U.S., 54% indicated that financial or money matters/challenges caused them the most stress. Likewise, 38% of all employees have less than \$1,000 saved for an unexpected expense. For Millennial employees, 40% have a student loan(s) and of those 74% indicated that their student loans have a moderate or significant impact on their ability to meet other financial goals. And 56% of Baby Boomers expect to be working in their retirement either out of financial necessity or because they want to work.

Source: PwC's 9th annual Employee Financial Wellness Survey COVID-19 Update, PwC US, 2020.

Financial wellness programs aim to help you:



**Set and Achieve**  
Financial Goals



**Reduce**  
Stress and Worry



**Improve**  
Retirement Outcomes

More Free Financial Wellness Tools Can Be Downloaded at [nast.org/financialwellness](https://nast.org/financialwellness)

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