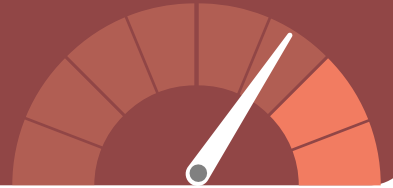




# Charting changes in Canadians' mental and financial well-being, 2021 to 2024

Life satisfaction has been decreasing in recent years. The share of Canadians who reported high life satisfaction<sup>1</sup> declined from **54.0%** in mid-2021 to **48.6%** in early 2024.



## Factors tied to life satisfaction, mid-2021 to early 2024



### Being older

**61.5%** of seniors had high levels of life satisfaction, compared with **43.5%** of 25 to 34-year-olds.



### Being in good financial health

**59.0%** of those with no financial difficulties had high levels of life satisfaction, compared with **29.0%** of those experiencing financial hardships.



### Living in a rural area

**58.4%** of rural residents had high levels of life satisfaction, compared with **49.5%** of urban residents.

Seniors and Canadians in good financial health have been less affected by recent drops in life satisfaction.



Feeling hopeful about the future is declining, with larger drops or lower levels observed among...



middle-aged adults



racialized men



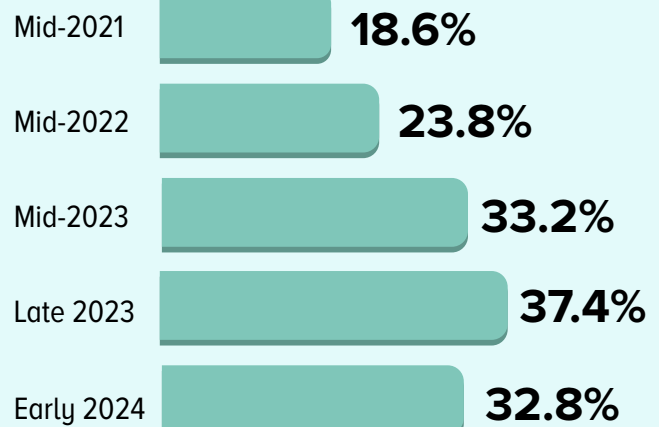
2SLGBTQ+ individuals

### Feeling hopeful about the future

Mid-2021: **65.0%**

Early 2024: **59.7%**

More people were experiencing financial hardship in 2024 than in 2021 or 2022



1. A high level of life satisfaction is defined as a rating of 8 or higher on a scale of 1 to 10.  
 Source: Foran, H., 2024, "Charting change: How time-series data provide insights on Canadian well-being," *Insights on Canadian Society*, Statistics Canada Catalogue no. 75-006-X.