

# Living expenses are the No. 1 financial stressor among US adults

Article

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The No. 1 biggest source of financial stress among US adults last month was managing living expenses, with **27%** being most concerned about the cost of necessities like groceries, gas,

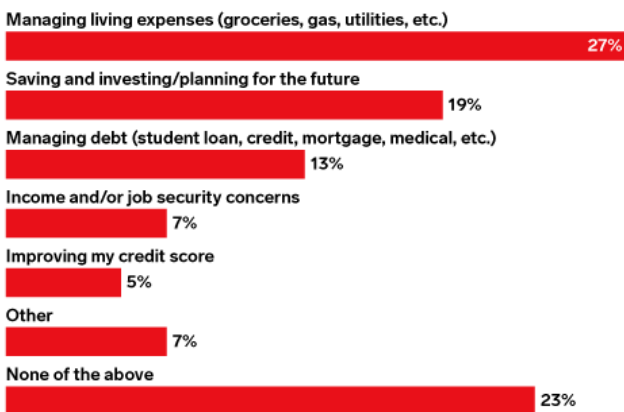
and utilities. Saving, investing, and planning for the future were the second biggest stressor, cited by **19%**, while managing debt was No. 3, with **13%** calling it their primary financial worry.

**Beyond the chart:** Just **18%** of US adults felt very secure about their financial situation in March, weeks after the consumer price index hit a 40-year high. That month, **27%** said they were financially worse off than before the COVID-19 pandemic, up from **20%** in April 2021. As global unrest and supply chain snags continue to drive up the cost of living, many US consumers are facing an uncertain financial future.

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### Biggest Source of Financial Stress for US Adults, March 2022

% of responses



Note: n=2,884; numbers may not add up to 100% due to rounding  
Source: CivicScience as cited in company blog, March 31, 2022

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