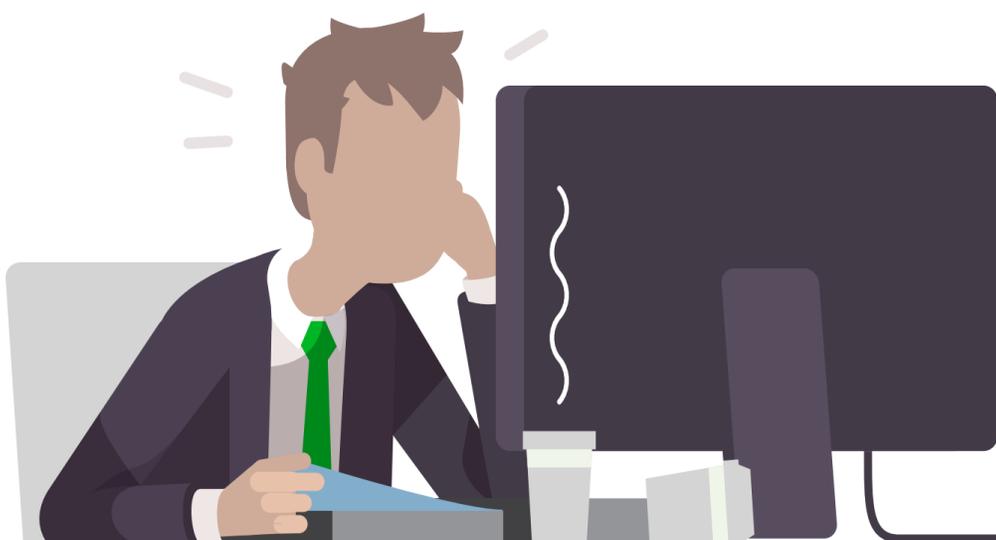




# Affording to Escape the Daily Grind

Even though we live in a busy world and our jobs can be **very stressful**, we still long for relaxing moments for ourselves to refresh and re-energize. While working Canadians recognize the importance of investing in themselves, most don't do it as often as they'd like because **they can't afford it**. Luckily, there are steps Canadians can take to help achieve their goals.

## Working Canadians are stressed.



**66%** experience moderate to high levels of stress at their job<sup>1</sup>

## They want to take time for themselves.

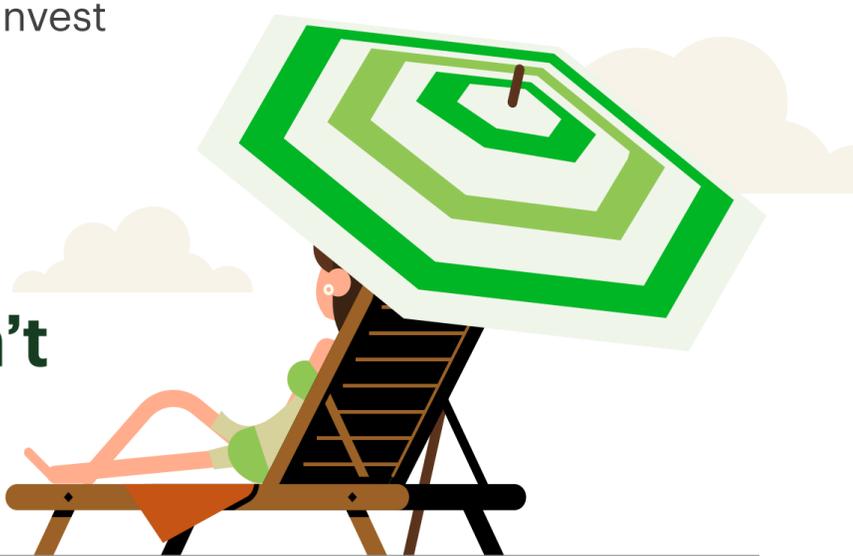
**95%** consider it important to invest in themselves<sup>2</sup>

### But, they don't.

**53%** don't do it as frequently as they'd like<sup>3</sup>

### Because they can't afford it.

**67%** can't afford it<sup>4</sup>



## If they could, **82%** of working Canadians would invest in themselves more<sup>5</sup>.

### How? By ...



**81%**  
Taking a vacation<sup>6</sup>



**47%**  
Starting or continuing a hobby<sup>7</sup>



**21%**  
Furthering their education or career<sup>8</sup>

### Why? To ...



**66%**  
Relax<sup>9</sup>



**62%**  
Refresh<sup>10</sup>



**49%**  
Improve mental health<sup>11</sup>

**No matter how or why you choose to escape the daily grind, investing in yourself doesn't have to break the bank. TD offers the following tips on how to realize the return on investment in yourself.**

**1. Find your passion:** Schedule time in your calendar weekly or monthly to do the activities you love. If you don't have a passion, experiment by trying new classes or joining a team.

**2. Use your tax refund:** Taking a vacation or going back to school can be expensive, but your tax refund can help provide the start you need. For short-term savings goals, consider investing in a safe but flexible product with a guaranteed rate, like Cashable GICs at TD, which will help you achieve your saving and investing goals, or reach your goals faster with a TD High Interest Savings Account, which can help encourage you to save more.

**3. Take a staycation:** Take time off work to do the things you've always wanted to do but have never gotten around to, like booking a relaxing afternoon at a local spa. Staying close to home can be a more affordable travel option.

**4. Start a "me" fund:** Investing in yourself should be treated like other items you're saving for. Open a Tax-Free Savings Account that can help build your savings faster with tax-free growth and contribute to it regularly<sup>12</sup>. You can also set up automatic transfers using any one of TD's Automated Savings Options to help you reach your savings goals sooner.

**For more tips on investing in yourself, visit [www.tdcanadatrust.com](http://www.tdcanadatrust.com).**

1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11 TD Canada Trust Invest In Yourself Poll of working Canadians aged 18+ conducted by Environics Research Group.

<sup>12</sup>TFSAs are subject to annual contribution limits. Please visit the Government of Canada website for more information.