The increase in inflation has put stress on working adults, and it is spilling over into the workplace:

- 32% say they spend half an hour or more during the workday thinking about their finances.
- 74% can sense that more of their coworkers are worried about their personal finances due to inflation.
- 63% say they are less productive at work because they are stressed about their personal finances.
- 56% feel that their employer is not offering “the right kind” of retirement planning resources to ensure employees have enough money saved for retirement.
- 52% feel that their employer-sponsored retirement plans (e.g., 401k) are not the best, but they do not feel financially savvy enough to find a better plan.

With inflation on the rise, it is more important than ever for Americans to be equipped with the proper financial knowledge and support to reduce financial stress, plan for retirement, and ensure they are receiving adequate financial benefits from employers. NAPFA-affiliated fee-only financial advisors can help Americans navigate these areas, improving overall financial wellness.

Visit NAPFA.org to find a Fee-Only financial planner in your area.