



THE ALLIANZ 3AM REPORT

2026

A glance across 10 markets
and generations

Ipsos What Worries the World Study | Allianz Survey (The 3am Report)
April to June 2026



We have **talked** to...

10,000








people

across **10 countries:**

Australia, Brazil, France, Germany, Great Britain,
Indonesia, Italy, Spain, Switzerland, Turkey

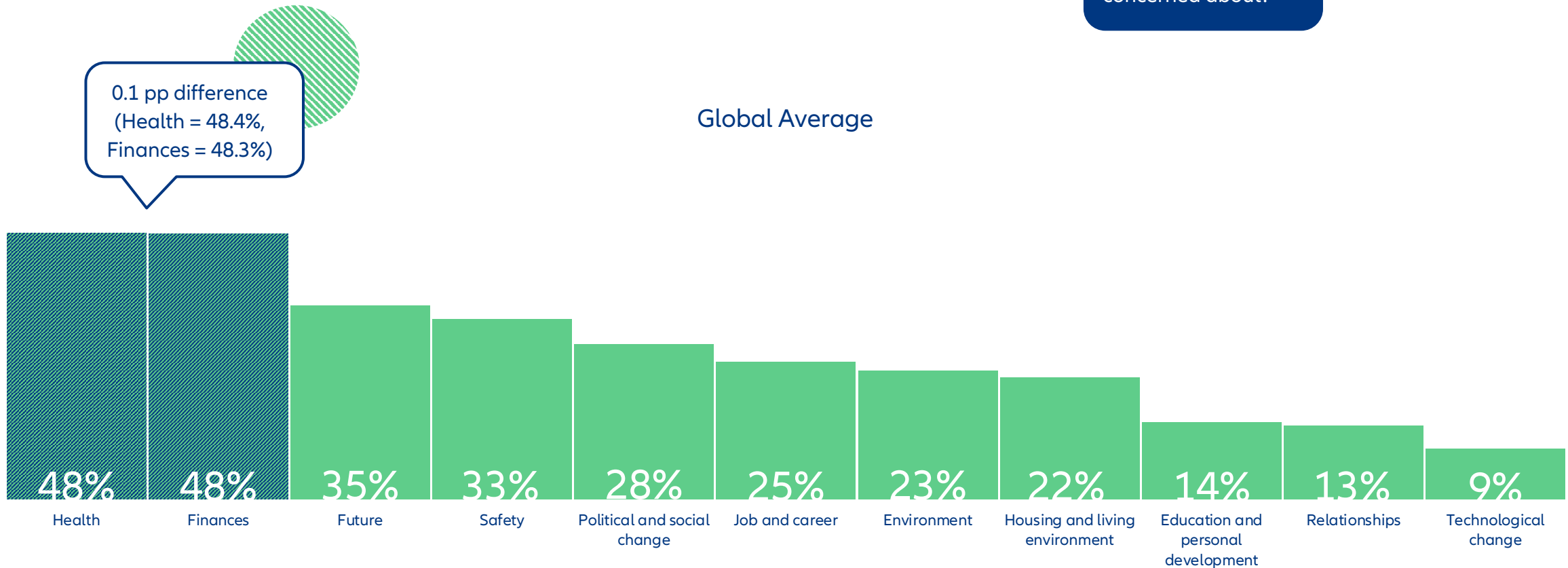
... about their

-  personal worries,
-  financial situation,
-  their spending patterns,
-  saving behavior
-  and future outlook.



Health and Finances tied at 48% globally — 13 percentage points ahead of any other concern

Q: Which three areas of life are you most concerned about?

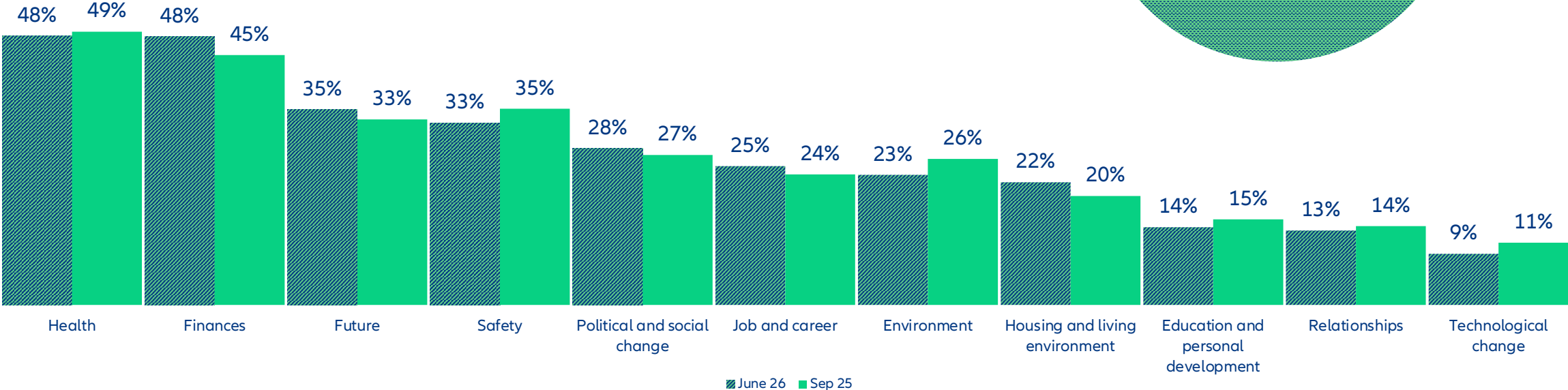


Global concerns hold steady, with financial worries gaining more attention

Q: Which three areas of life are you most concerned about?



Global Average

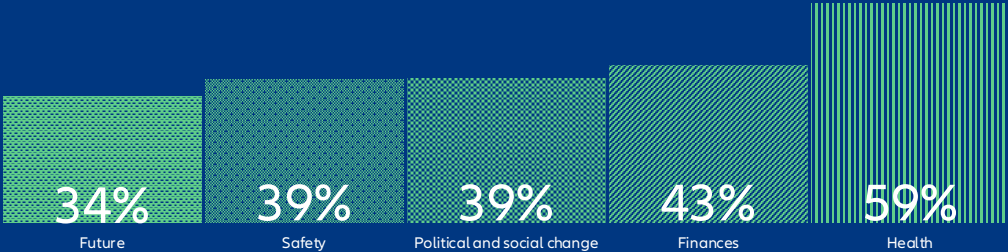


Source: Ipsos (What Worries the World Study, April to June, Online survey, 10.000 respondents), Allianz Survey (The 3am Report), Data Analysis & Graphics: Allianz SE; any deviations from 100% are due to rounding

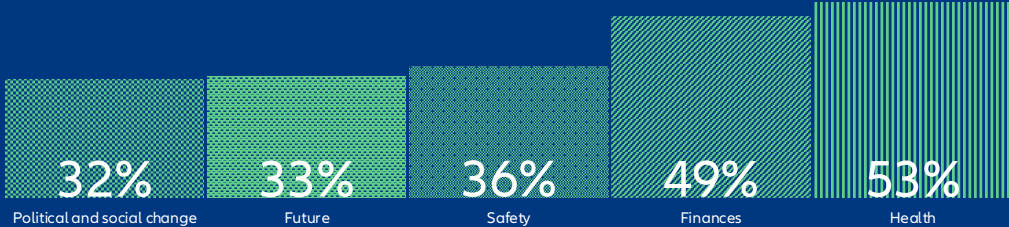
A generational flip: From health-first (Boomers & Gen X) to finances-first (Millennials & Gen Z)

Q: Which three areas of life are you most concerned about? – Top 5 by Generation

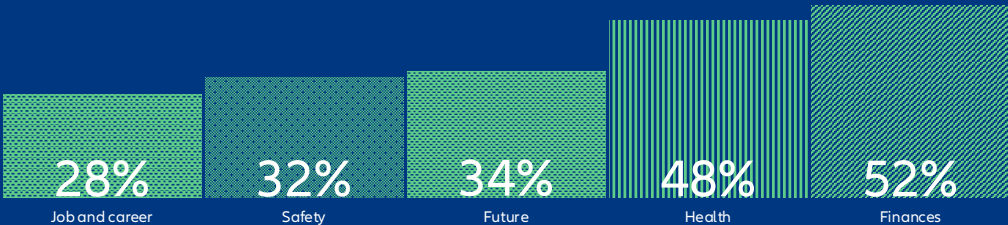
Baby Boomer



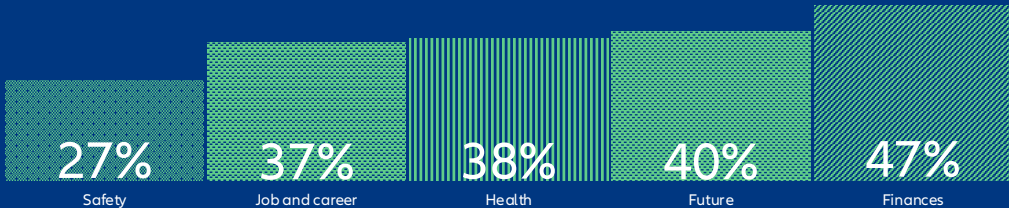
Gen X



Millennial

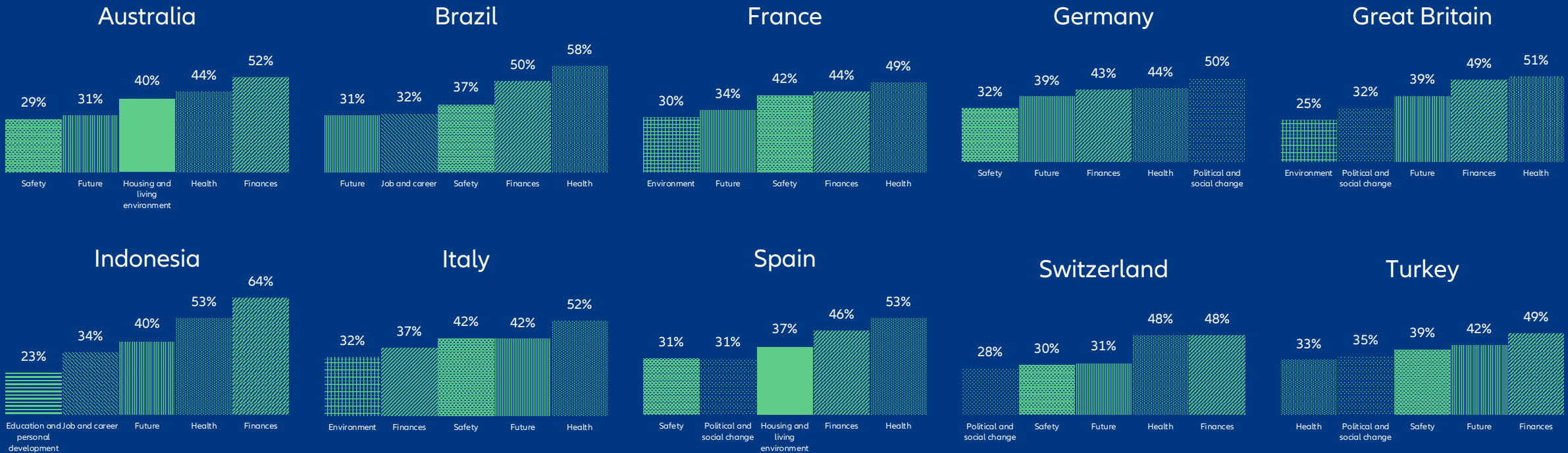


Gen Z



Finances rank top 3 in nine out of ten markets — peaking at 64% in Indonesia, signaling a global financial anxiety trend

Q: Which three areas of life are you most concerned about? – Top 5 by Country



Financial Worries

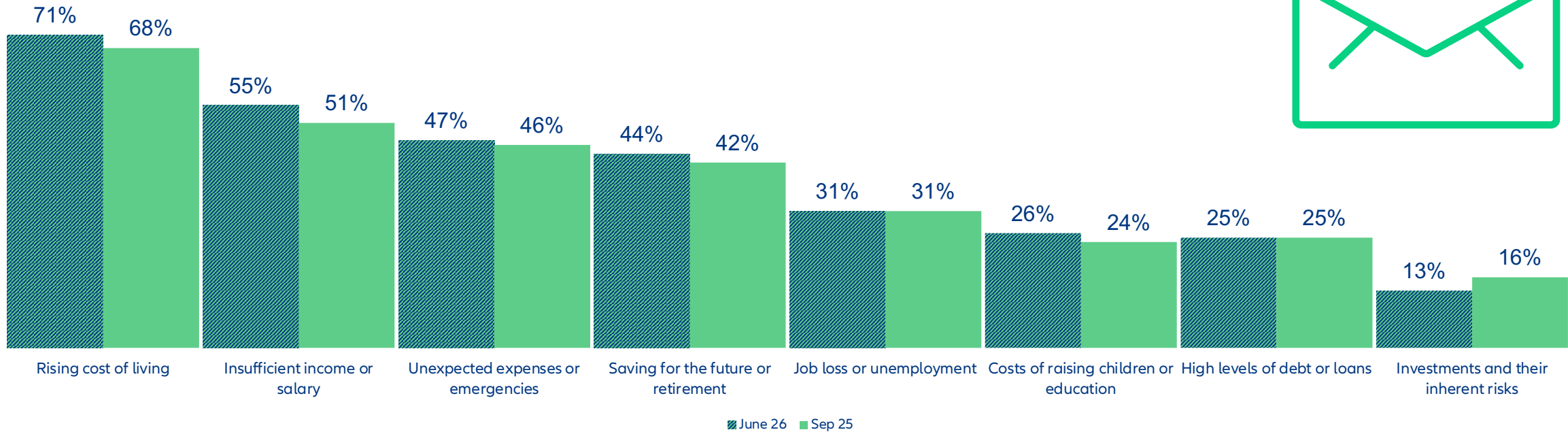


Everyday financial pressures are growing — led by cost of living (71%, +3pp) and income worries (55%, +4pp)

Q: You indicated that the area of Finances is of most concern to you. Could you elaborate on the specific nature of your worries within this area?



Global Average

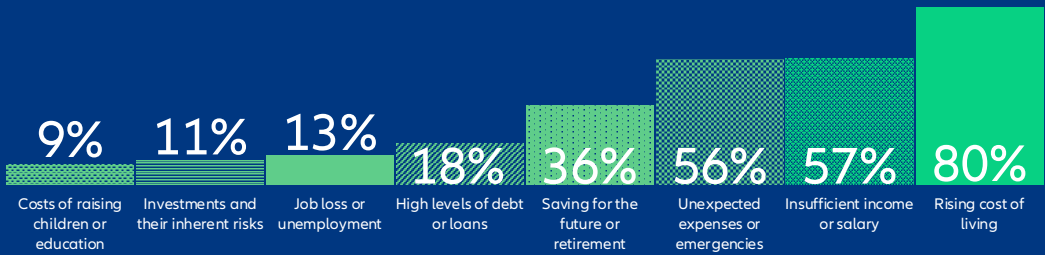


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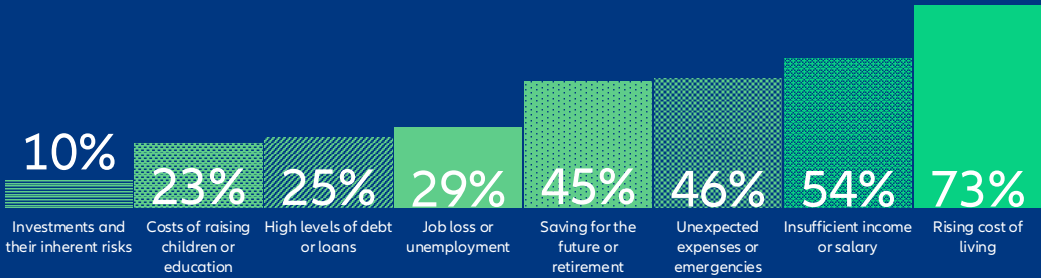
All generations agree: Rising costs and insufficient income are the top financial worries, but life stage shapes what comes next

Q: You indicated that the area of Finances is of most concern to you. Could you elaborate on the specific nature of your worries within this area?

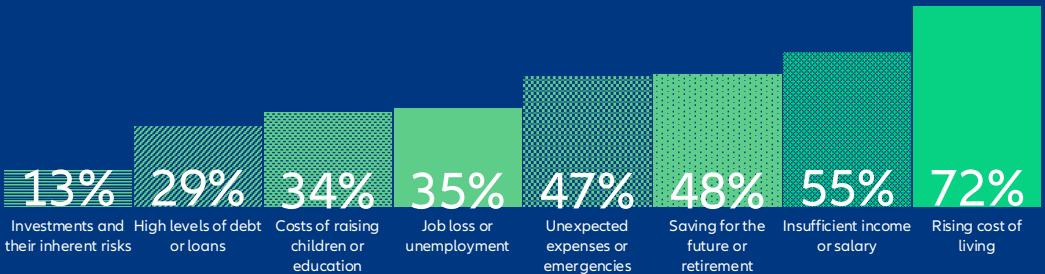
Baby Boomer



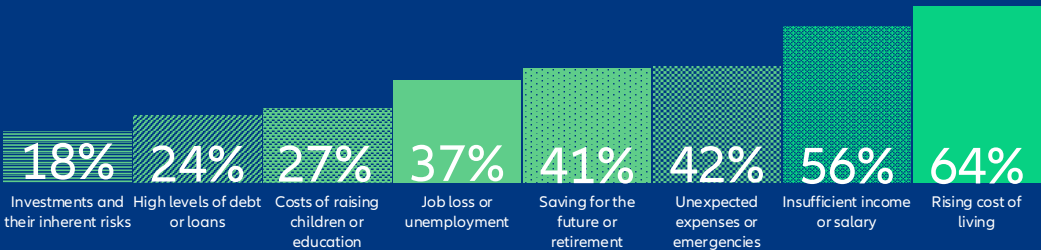
Gen X



Millennial



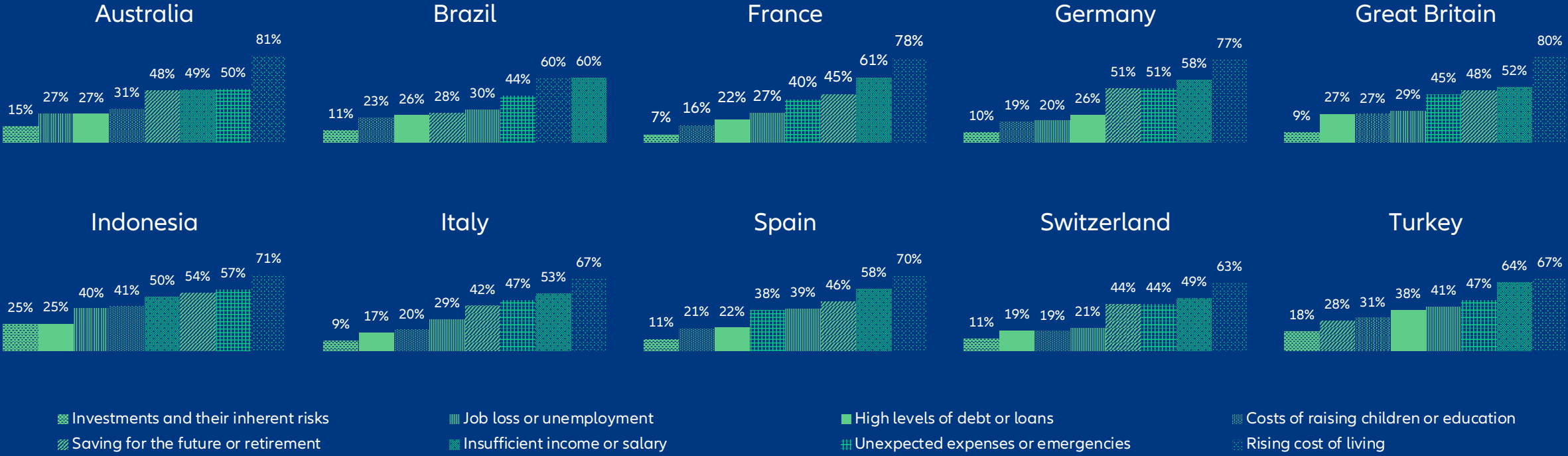
Gen Z



Source: Ipsos (What Worries the World Study, April to June, Online survey, 10,000 respondents), Allianz Survey (The 3am Report), Data Analysis & Graphics: Allianz SE; any deviations from 100% are due to rounding

10 countries, same story: Rising costs dominate, but the intensity varies from 60% (Brazil) to 81% (Australia)

Q: You indicated that the area of Finances is of most concern to you. Could you elaborate on the specific nature of your worries within this area?



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Health

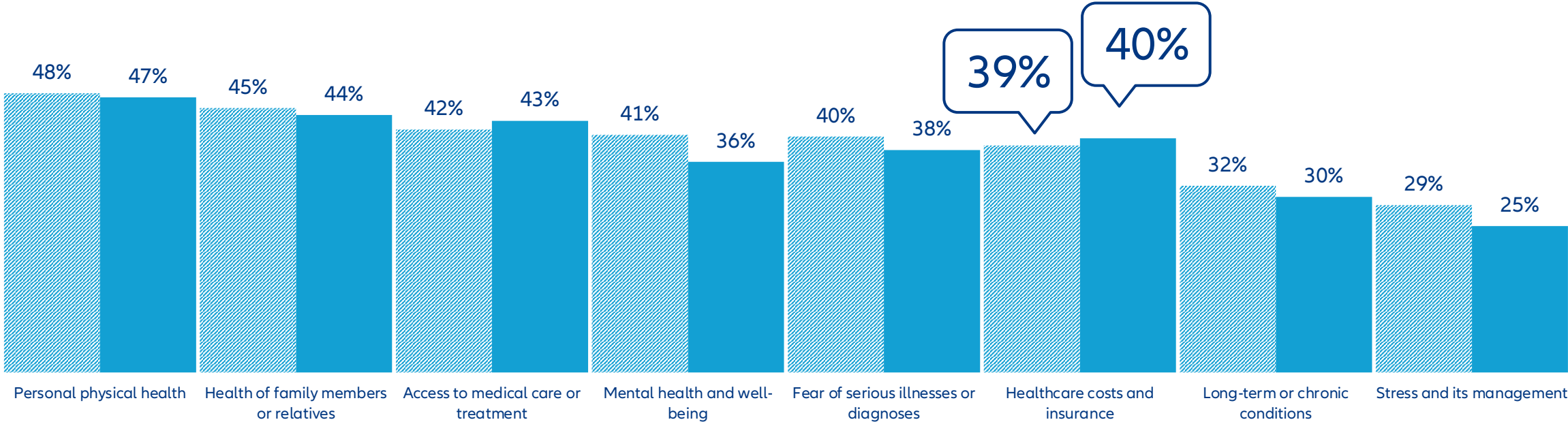
Worries



Physical health leads at 48% — but mental health and stress emerge as the fastest-growing health worries

Q: You indicated that the area of Health is of most concern to you. Could you elaborate on the specific nature of your worries within this area?

Global Average

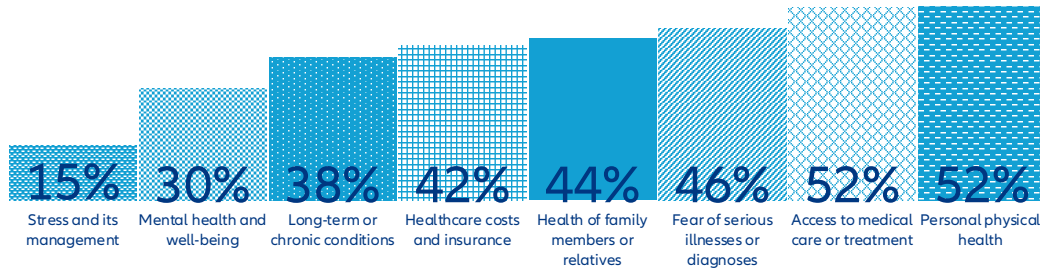


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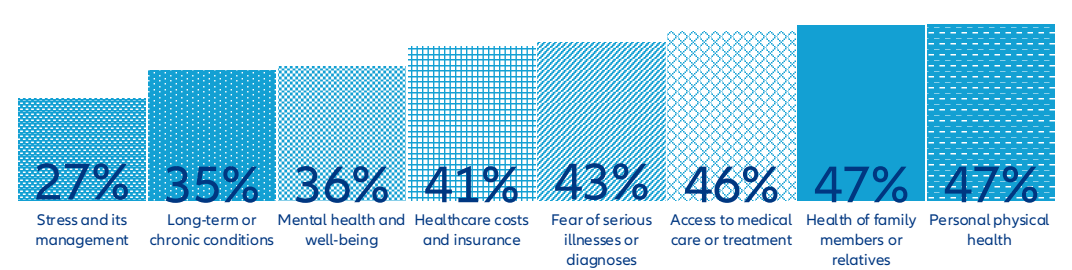
Mental health and stress surge across younger generations, while Boomers remain focused on physical health and medical access

Q: You indicated that the area of Health is of most concern to you. Could you elaborate on the specific nature of your worries within this area?

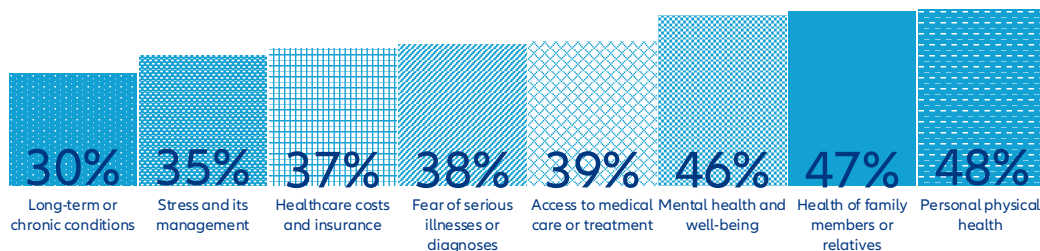
Baby Boomer



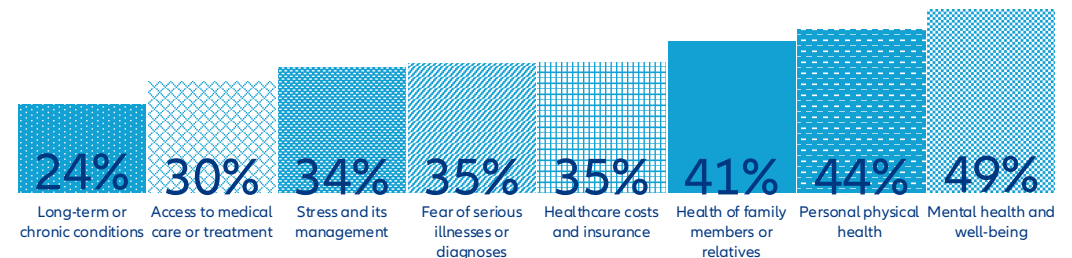
Gen X



Millennial

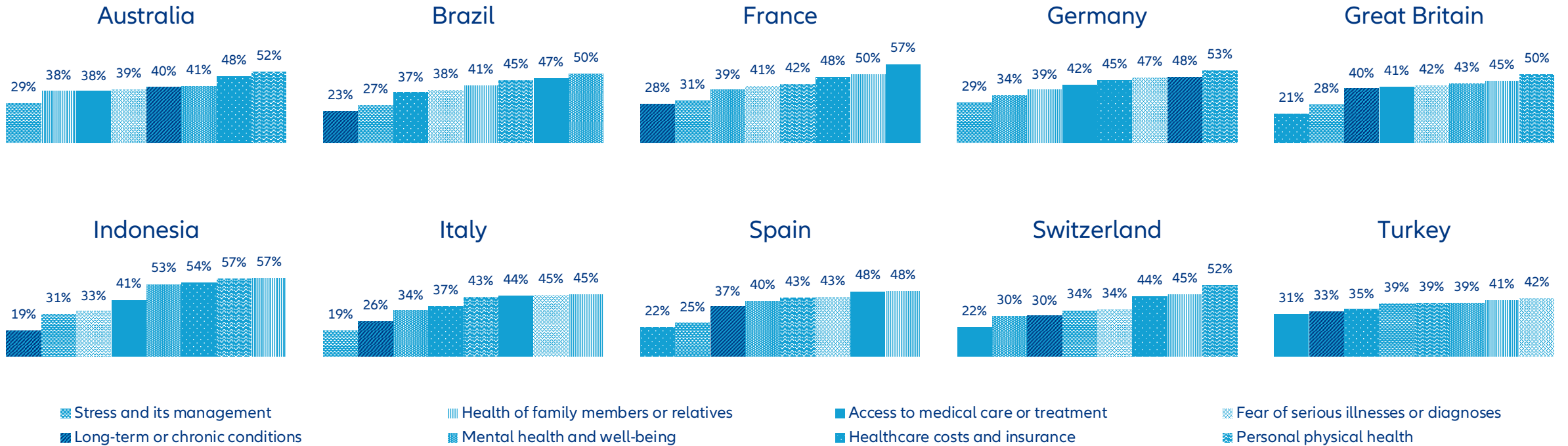


Gen Z



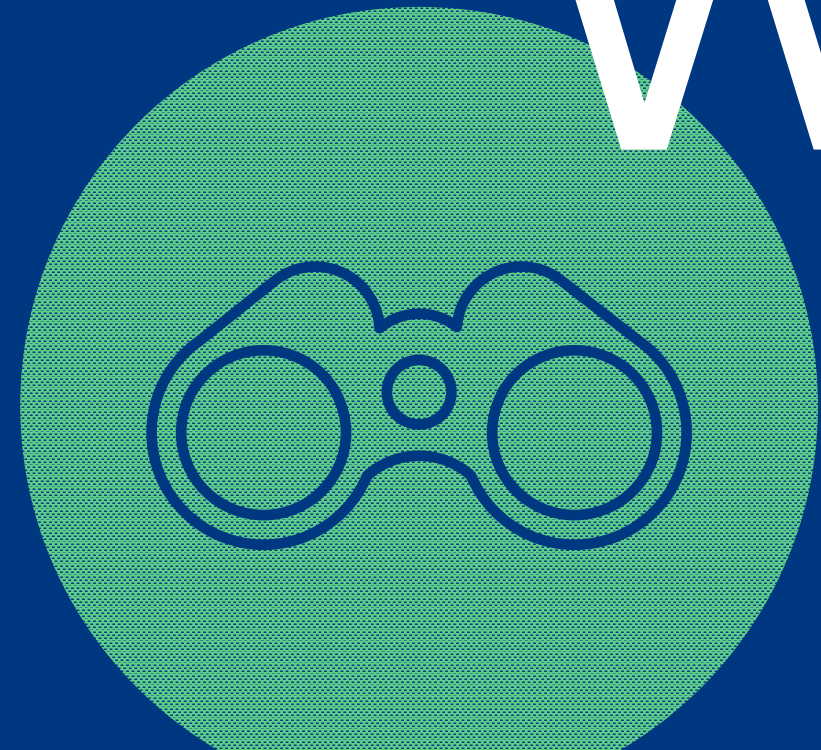
Same core health worries, different pain points: Access in France, mental health in Brazil, and fear of serious illness in Turkey

Q: You indicated that the area of Health is of most concern to you. Could you elaborate on the specific nature of your worries within this area?



Future

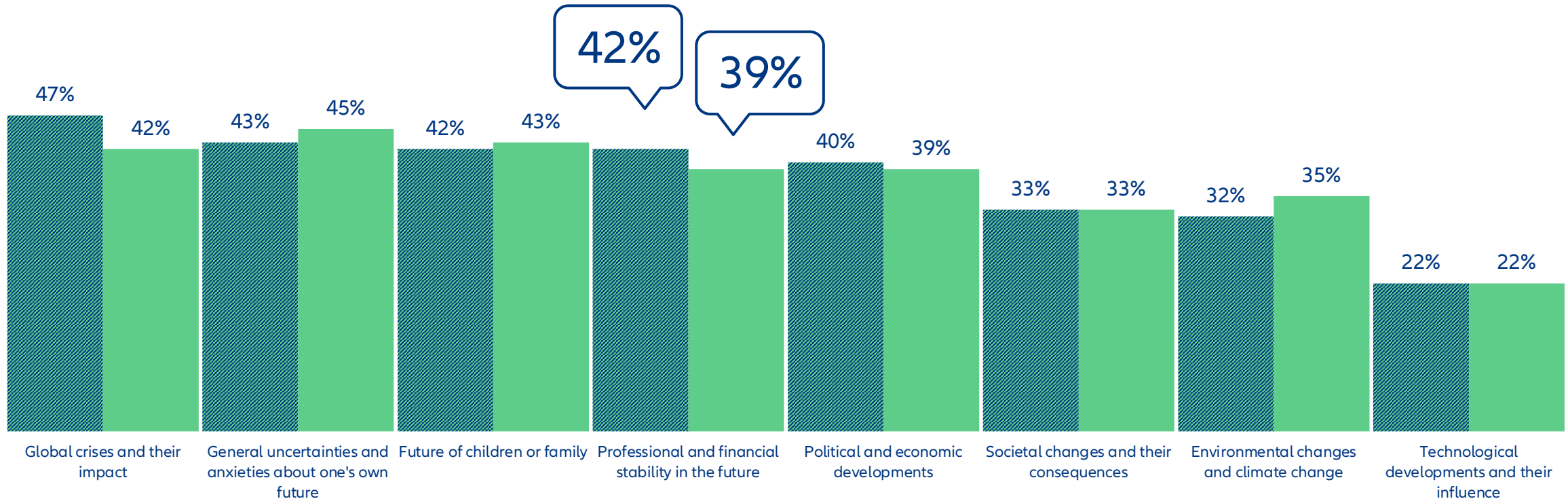
Worries



Future worries are shifting: Global crises and financial stability rise, environmental concerns decline

Q: You indicated that the area of Future is of most concern to you. Could you elaborate on the specific nature of your worries within this area?

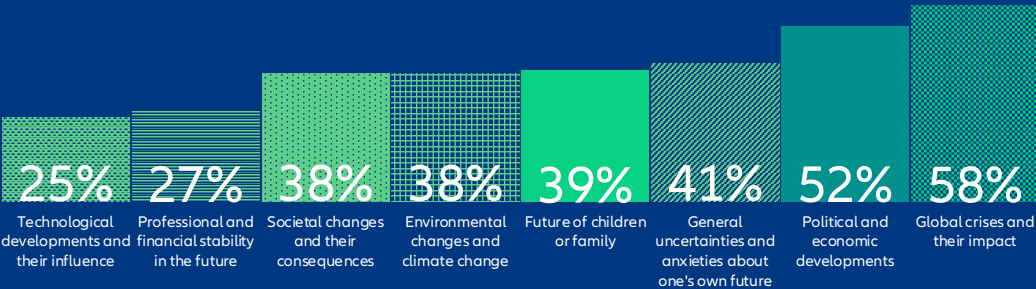
Global Average



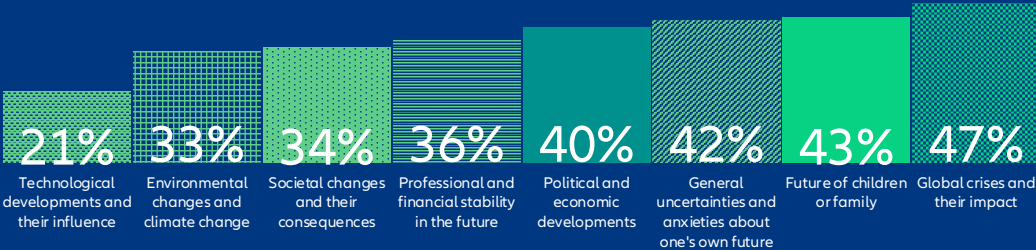
Future worries reflect life stage — Global crises lead for Boomers and Gen X, family for Millennials, and financial stability for Gen Z

Q: You indicated that the area of Future is of most concern to you. Could you elaborate on the specific nature of your worries within this area?

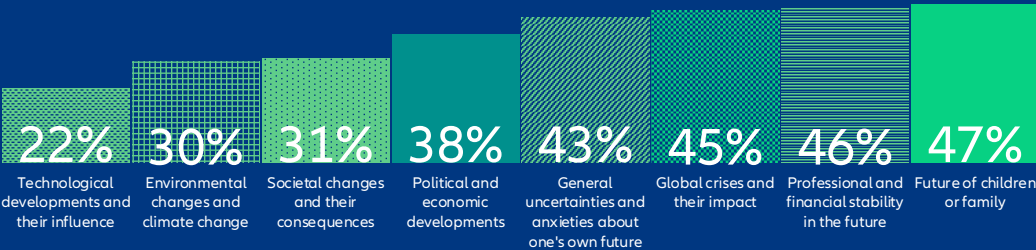
Baby Boomer



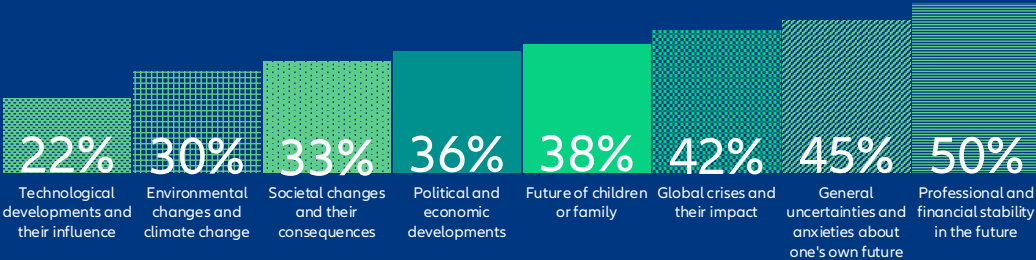
Gen X



Millennial



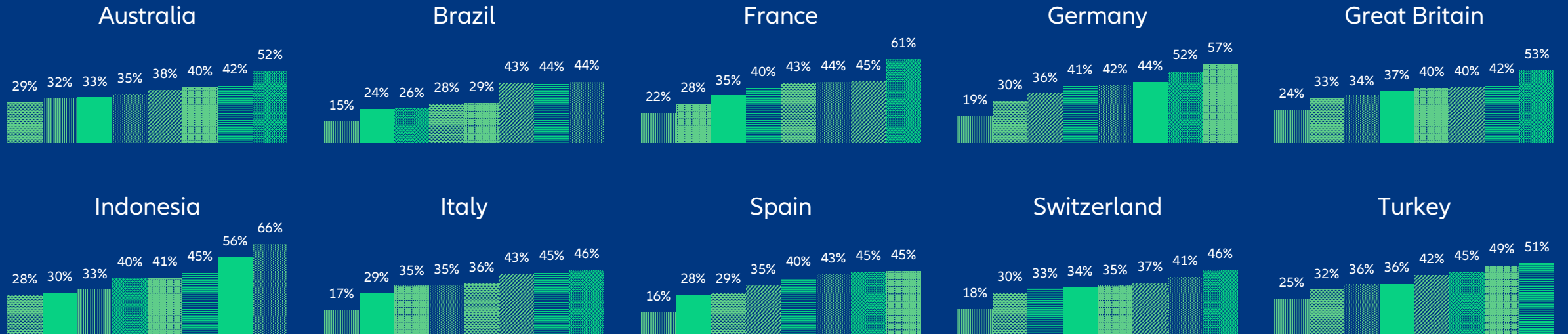
Gen Z











Source: Ipsos (What Worries the World Study, April to June, Online survey, 10,000 respondents), Allianz Survey (The 3am Report), Data Analysis & Graphics: Allianz SE; any deviations from 100% are due to rounding

Europe and Australia fear global crises; emerging markets fear personal instability — Turkey sits in between with both political and personal anxiety

Q: You indicated that the area of Future is of most concern to you. Could you elaborate on the specific nature of your worries within this area?



-  Environmental changes and climate change
-  Technological developments and their influence
-  Societal changes and their consequences
-  Professional and financial stability in the future
-  Future of children or family
-  Political and economic developments
-  General uncertainties and anxieties about one's own future
-  Global crises and their impact



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FINANCE FOCUS

A glance across 10 markets
and generations

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Financial Situation



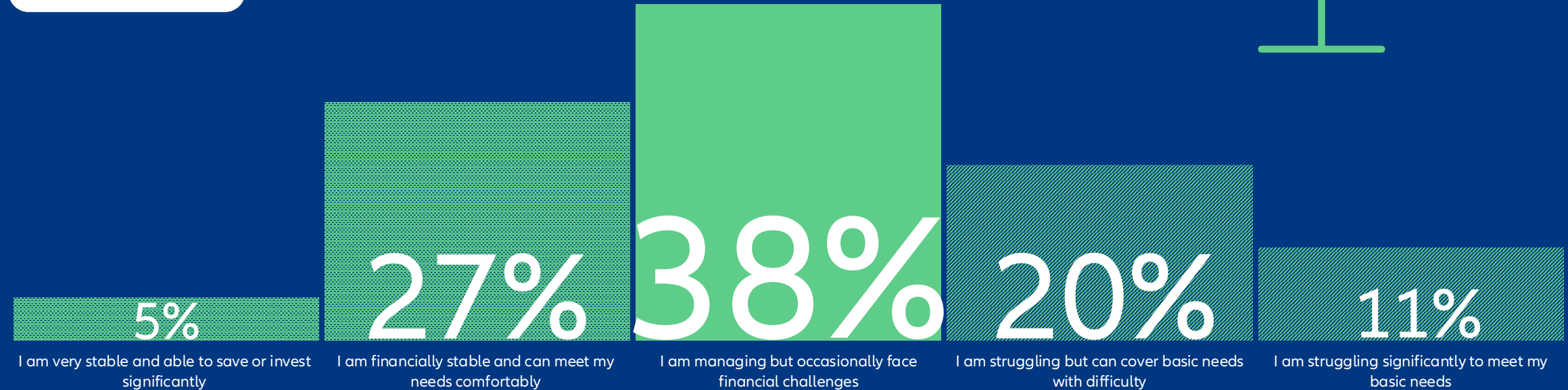
Nearly 1 in 3 people globally
are struggling,



while only 1 in 20 is truly
financially secure with
being able to save or
invest significantly.

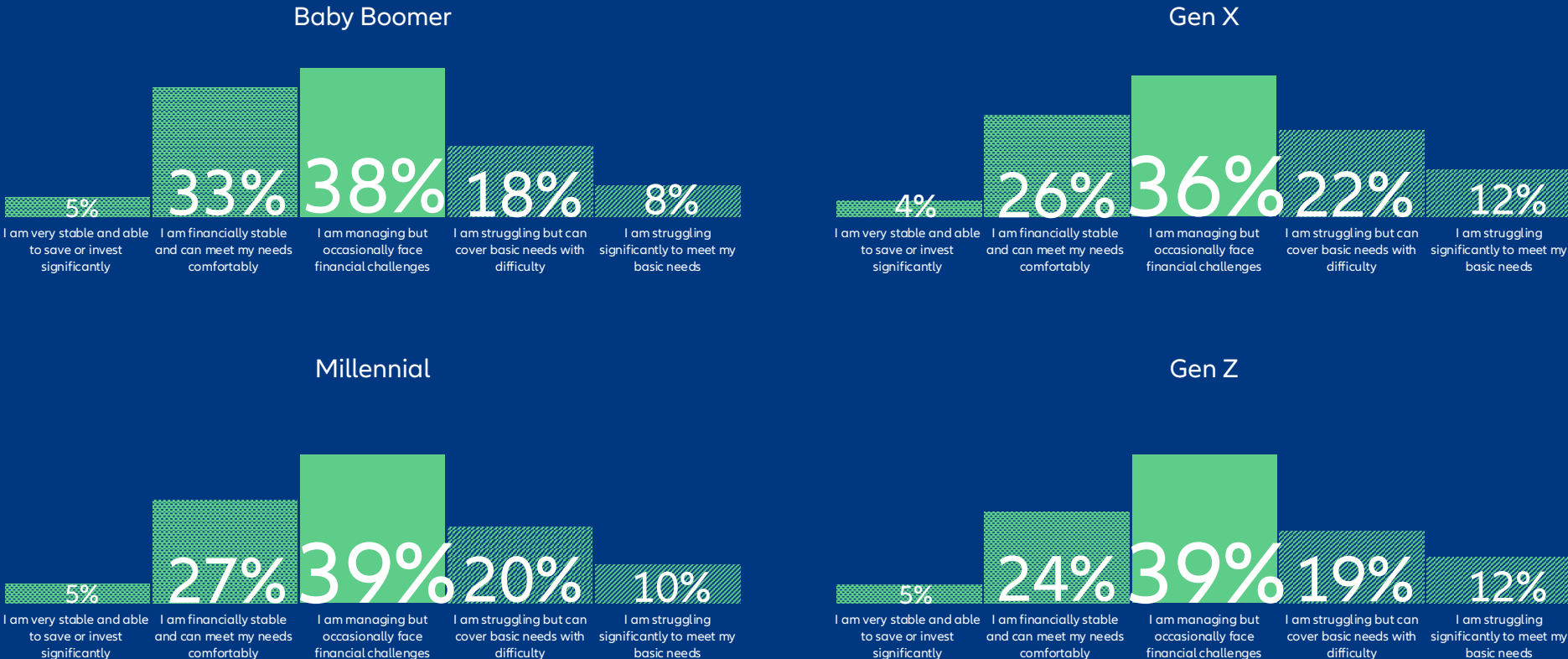
The global average shows a fragile middle: Most manage, few thrive, and a third faces real difficulty

Q: How would you rate your current financial situation?



Regardless of age, most people are 'just managing' — yet Gen X reports the highest financial strain

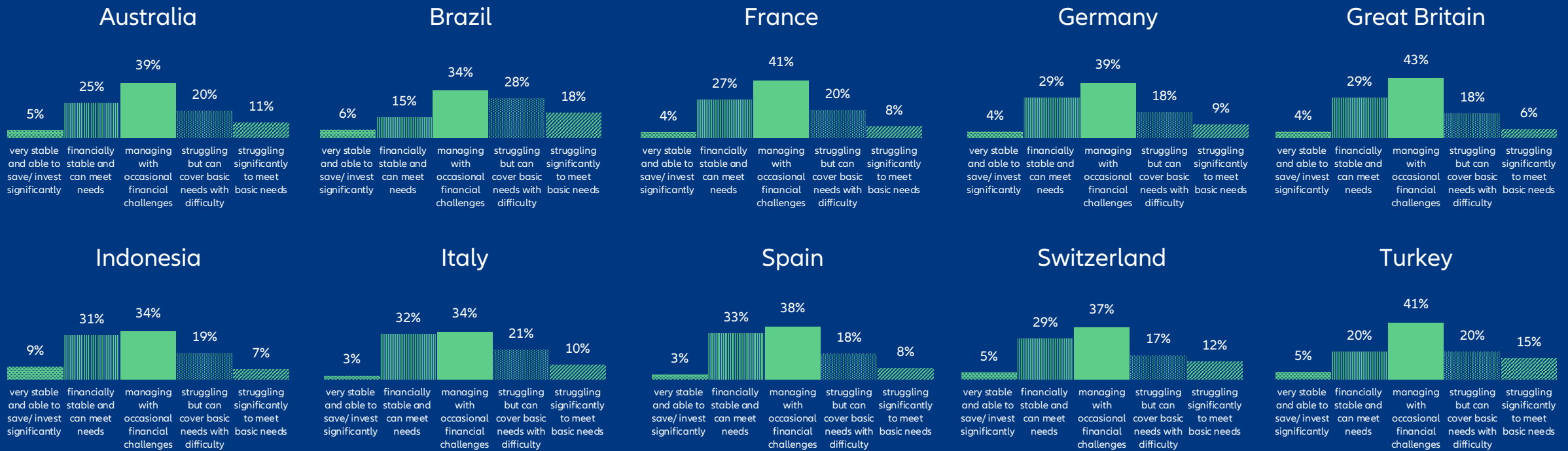
Q: How would you rate your current financial situation?



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Common ground: Most people get by — but in Brazil and Turkey, over a third are struggling to make ends meet

Q: How would you rate your current financial situation?

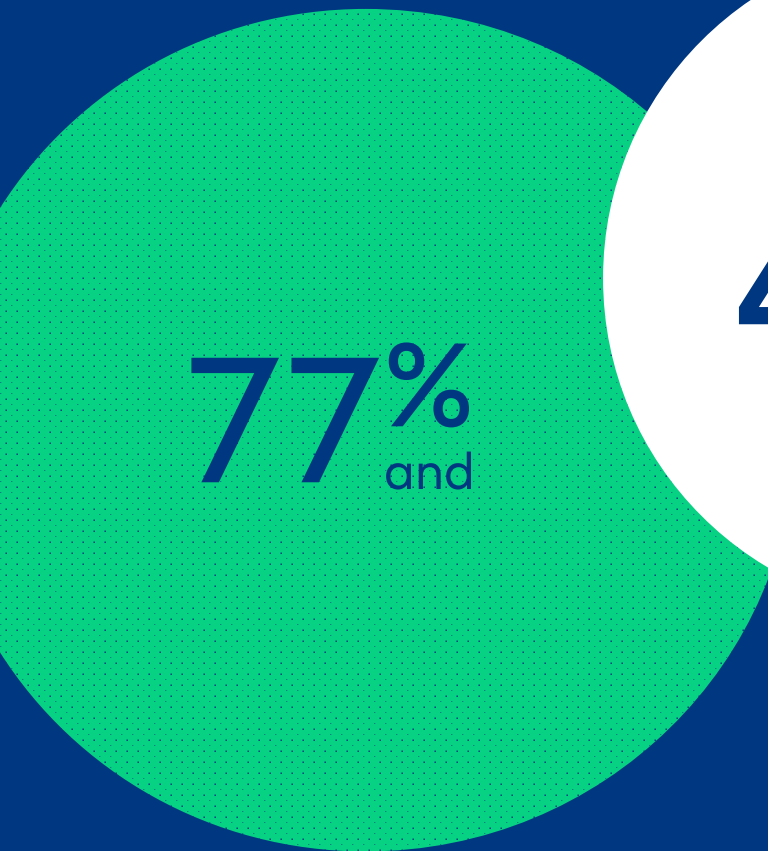


Typical Spending



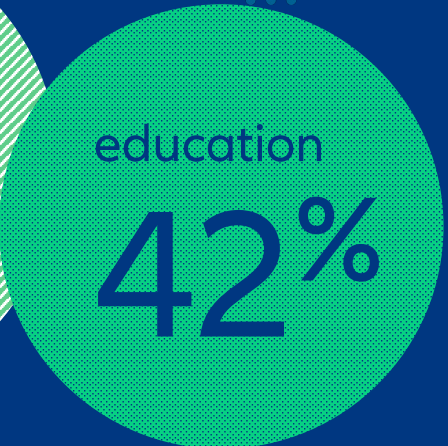
 Food and  housing

dominate budgets
universally



 Indonesia

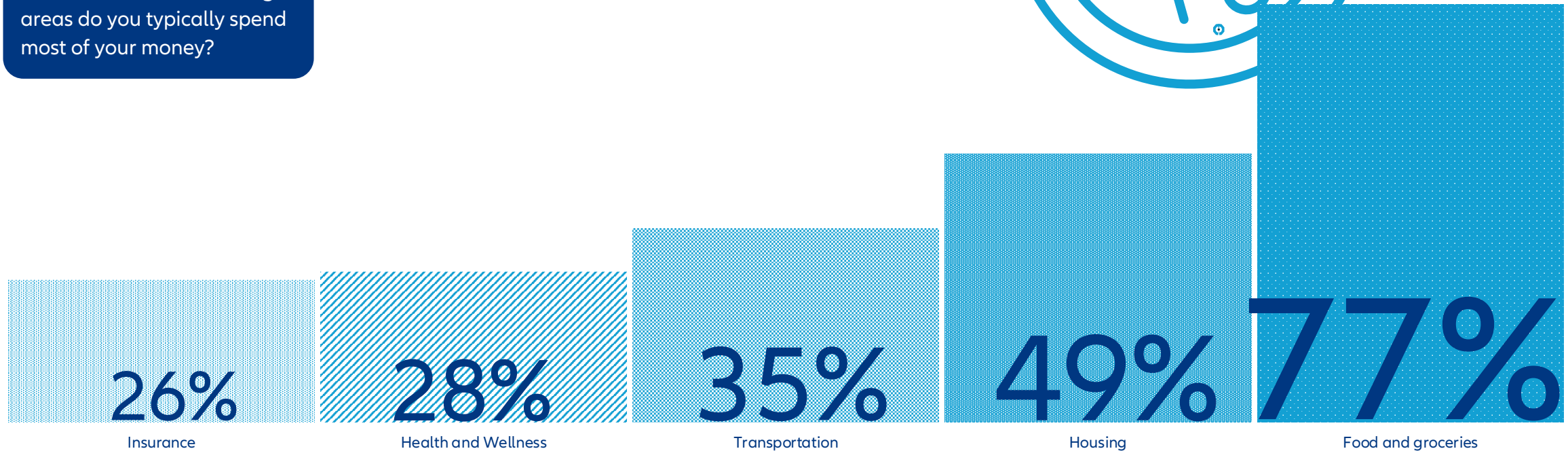
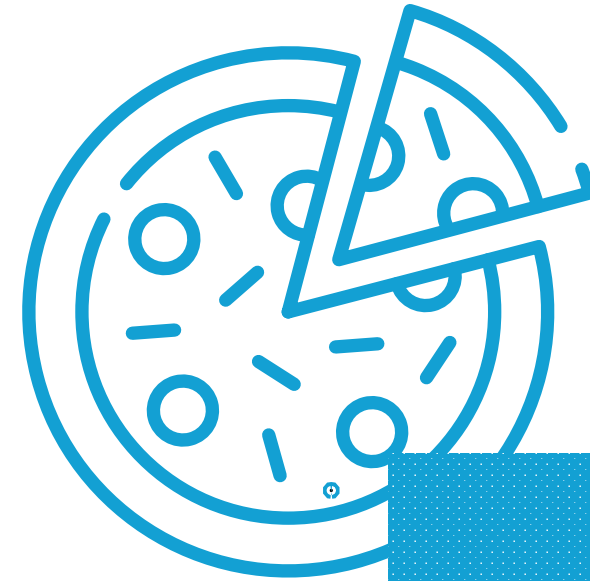
breaks the mold,



after food and groceries (84%),
revealing a fundamentally
different financial mindset.

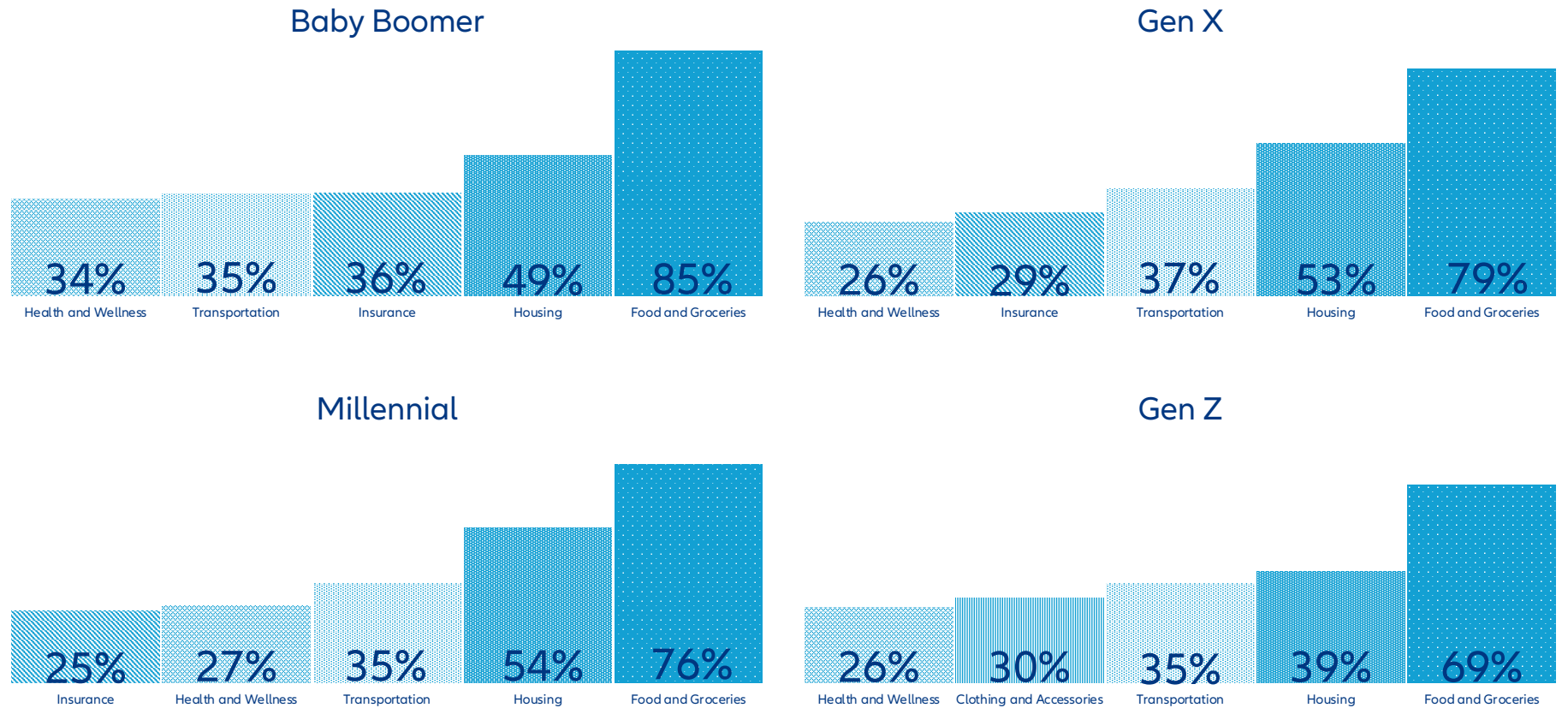
A needs-driven global budget: Food and housing account for the largest shares

Q: In which of the following areas do you typically spend most of your money?



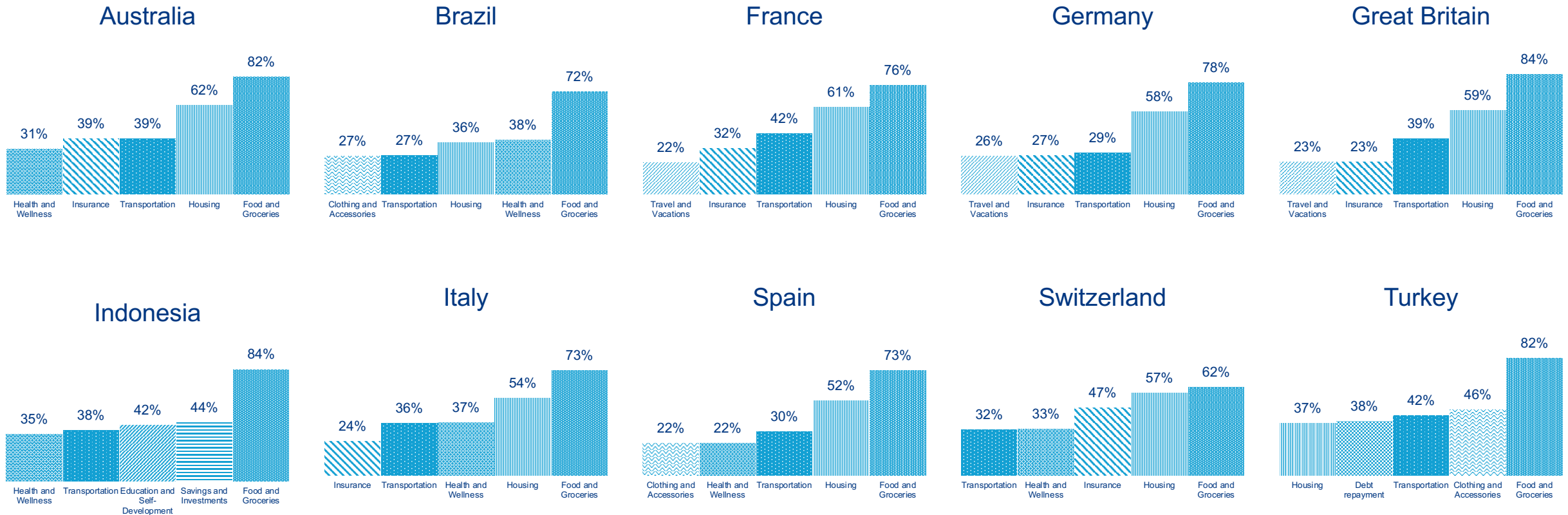
From boomers to Gen Z: The basics stay the same, but younger generations deprioritize insurance in favor of clothing

Q: In which of the following areas do you typically spend your money? – Top 5 by Generations



Spending priorities follow a universal pattern — yet local differences reveal distinct financial pressures and mindsets

Q: In which of the following areas do you typically spend your money? – Top 5 by Countries

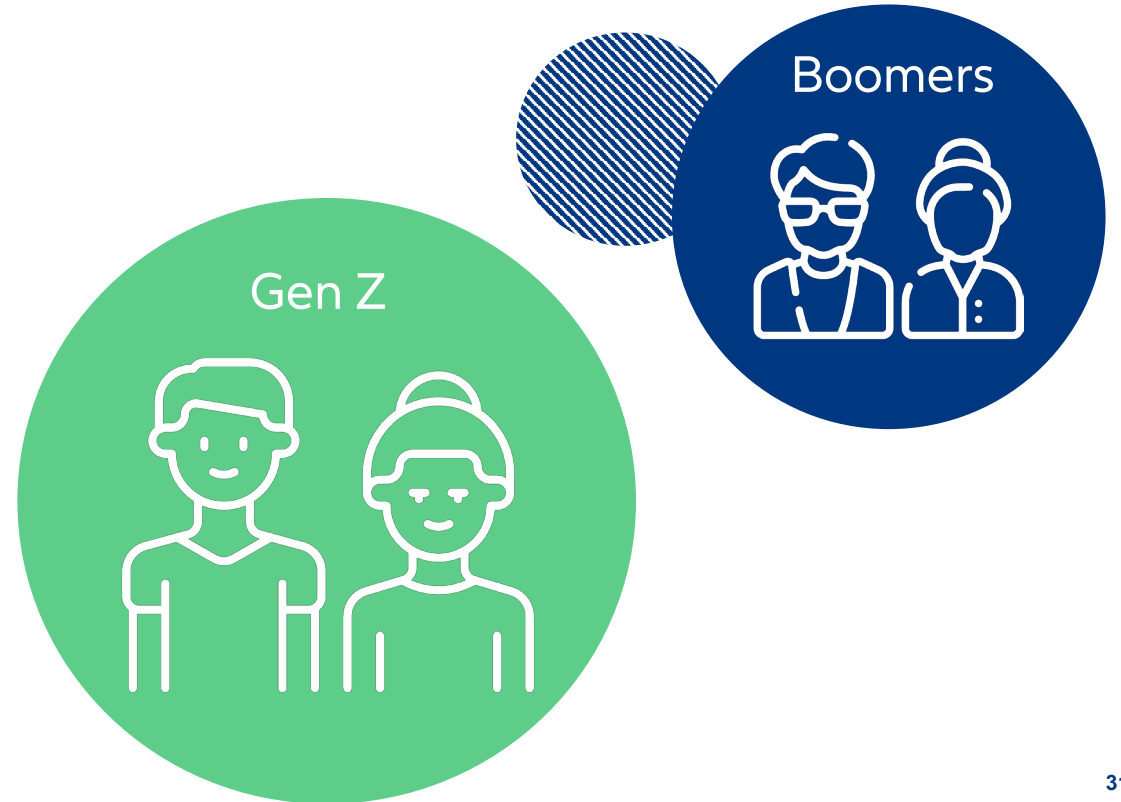


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Saving Behavior

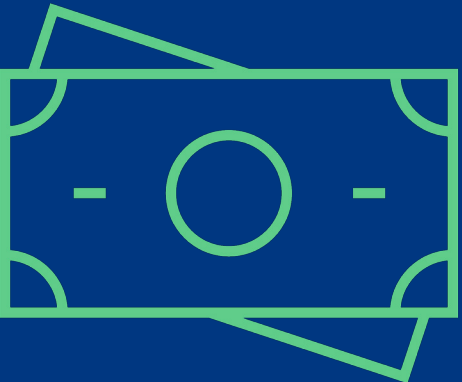


Globally nearly **1 in 3 people** cannot save at all, yet Gen Z, the youngest and least wealthy generation, saves more aggressively than Boomers

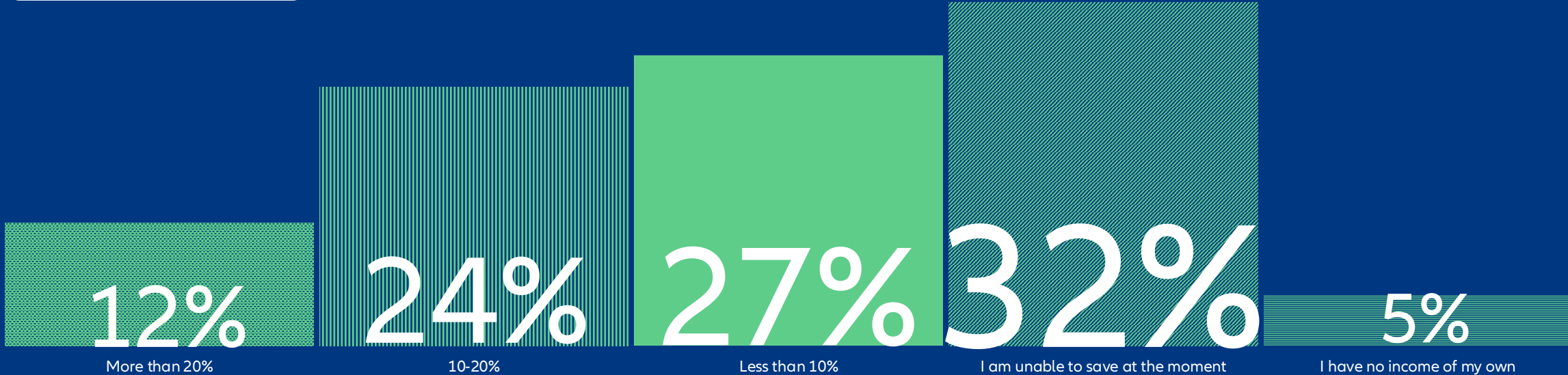


Globally, nearly 1 in 3 cannot save at all, while only 12% achieve a savings rate above 20%

Q: How much of your income are you able to save or invest each month?

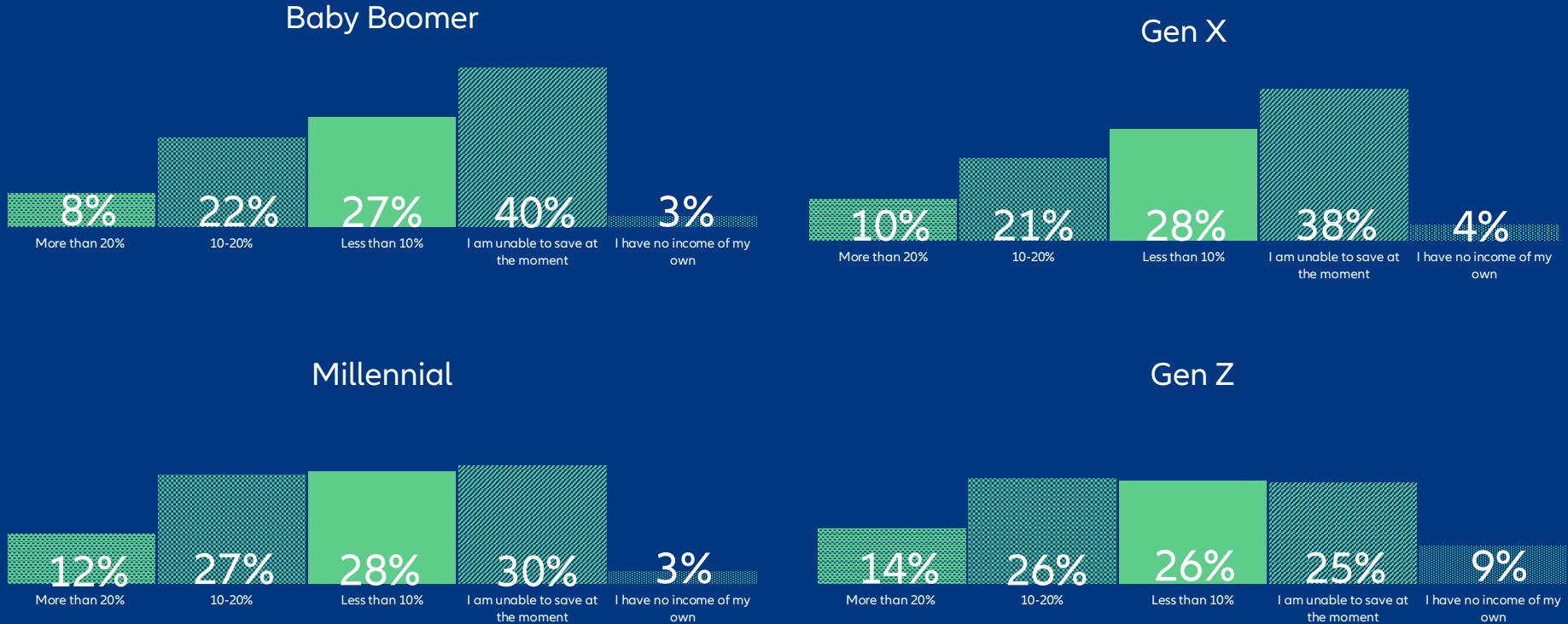


Global Average



Across generations, many can't save — yet Gen Z and Millennials put more aside than Boomers and Gen X

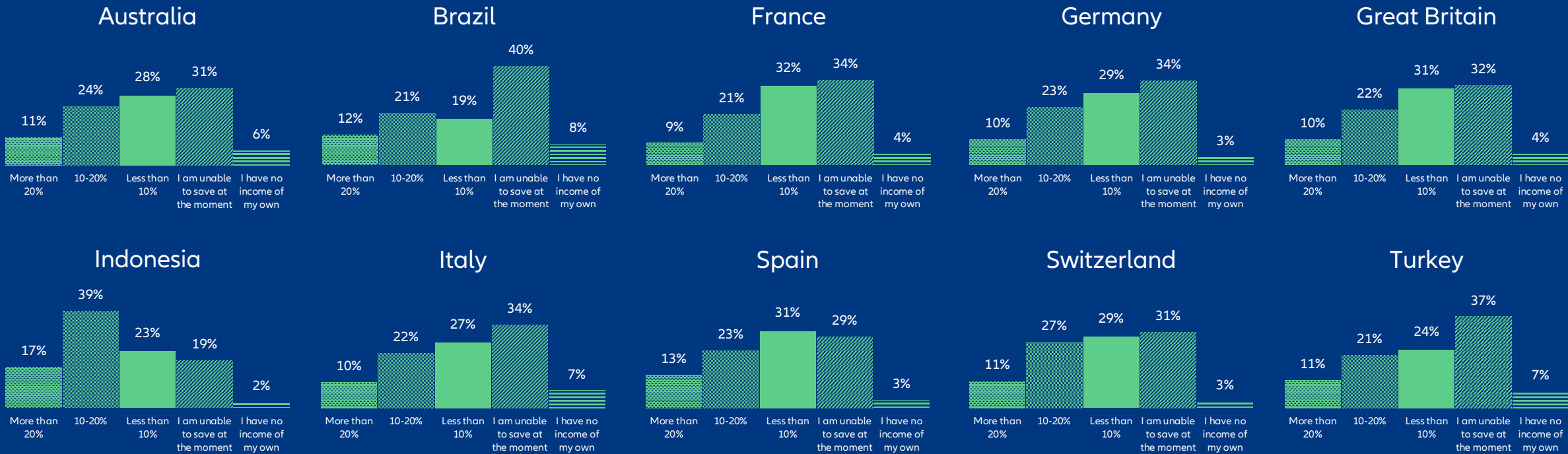
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A common pattern: Most people save less than 10% or nothing — with Indonesia as the exception and Brazil under the most pressure

Q: How much of your income are you able to save or invest each month?



Drivers of Change

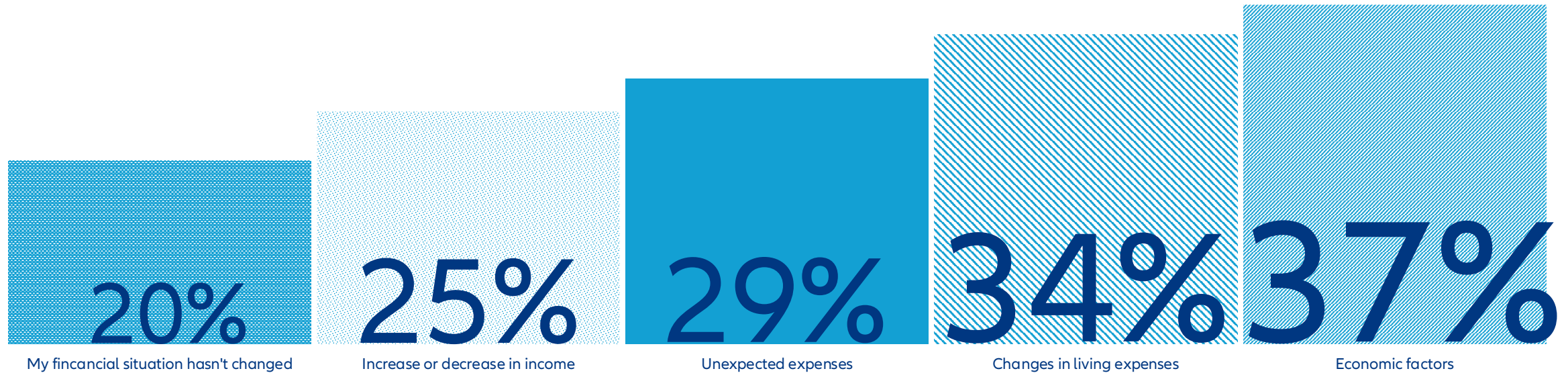


Economic factors and rising living costs are the top drivers of financial change everywhere.



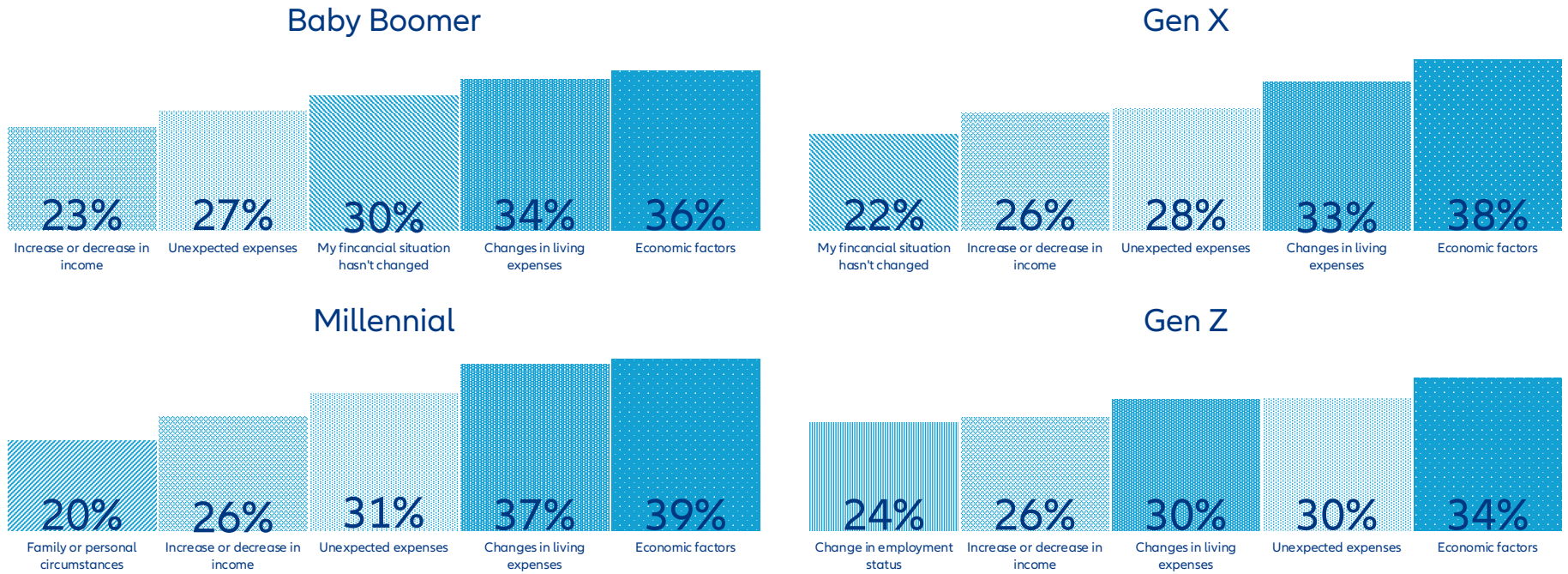
Economic factors and rising living costs are the top drivers globally

Q: Think about your financial situation over the past years. What were the primary reasons for changes in your financial situation over the last two years?



Economic factors and living costs drive financial change for all generations, but life stage adds distinct pressures

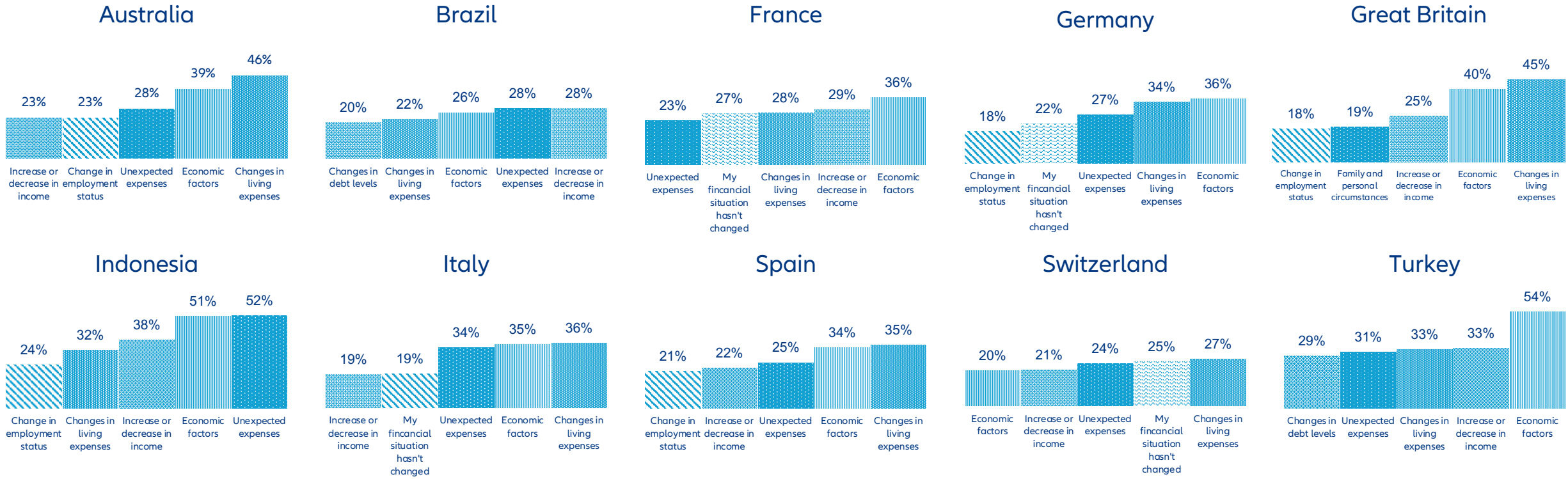
Q: Think about your financial situation over the past years. What were the primary reasons for changes in your financial situation over the last two years?



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External factors dominate across all markets, but unexpected expenses hit Indonesia hardest, while debt weighs on Brazil and Turkey

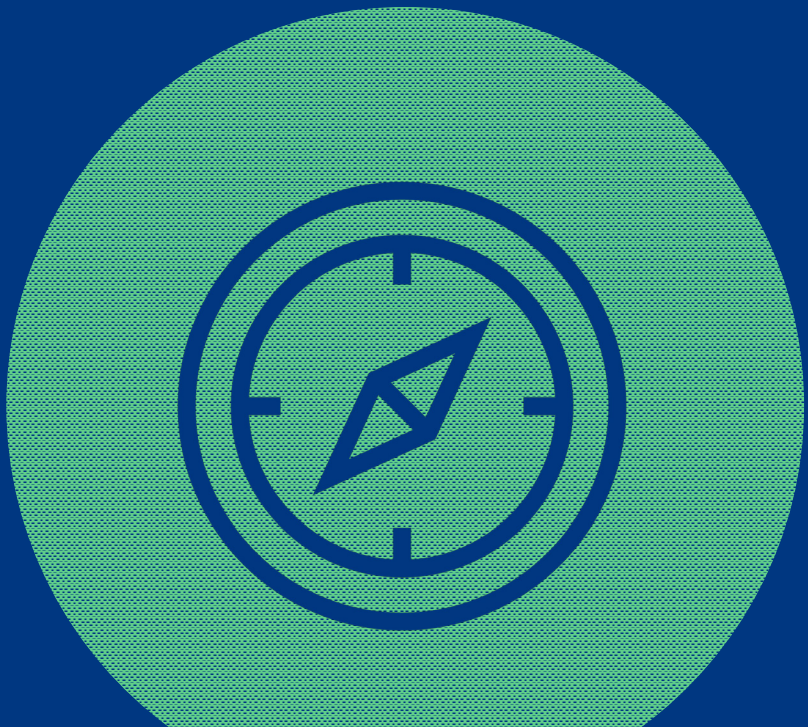
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Future

Outlook



Financial optimism is shaped by where you are in the world and **where you're in life,** but geography divides more sharply.

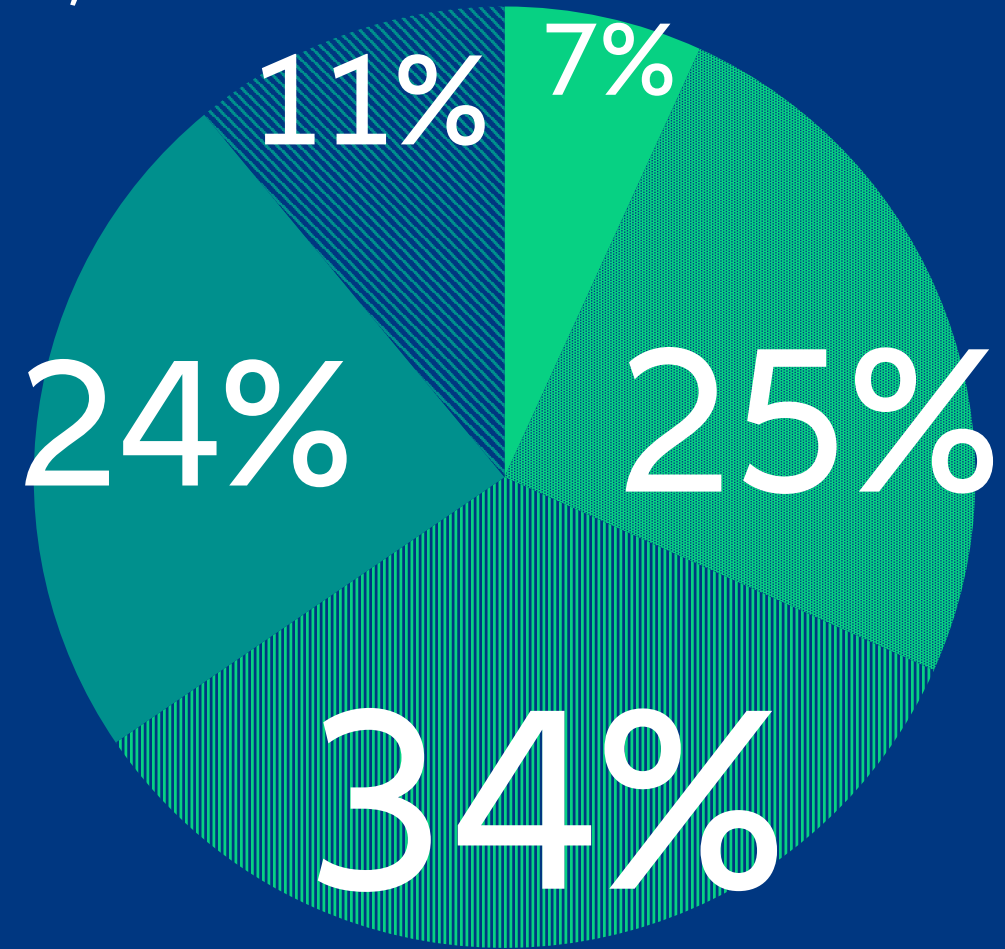
Indonesia **(60%)** reports the highest share of optimists, while France **(17%)** reports the lowest.

Across generations, the gap is narrower but consistent: Gen Z **(42%)** outpaces Baby Boomers **(21%)**.



Neither confident nor fearful: Most people are uncertain about their financial future, with a slight lean toward pessimism

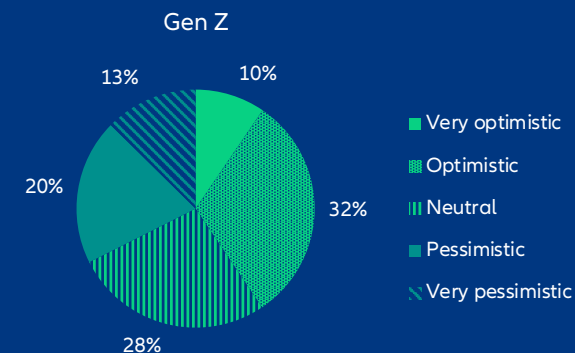
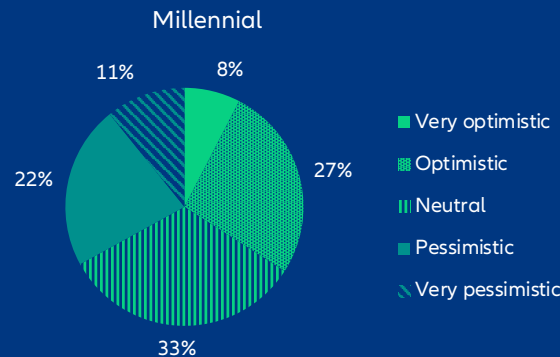
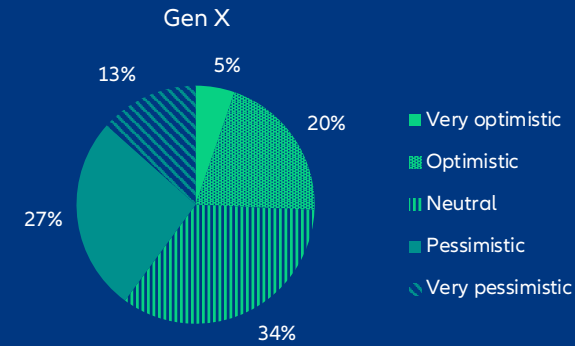
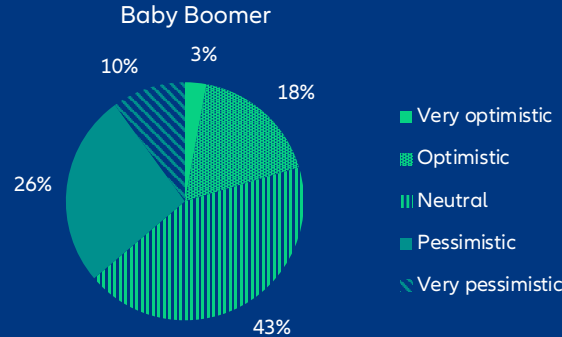
Q: How do you feel about your **financial future**?



■ Very optimistic ■ Optimistic ■ Neutral ■ Pessimistic ■ Very pessimistic

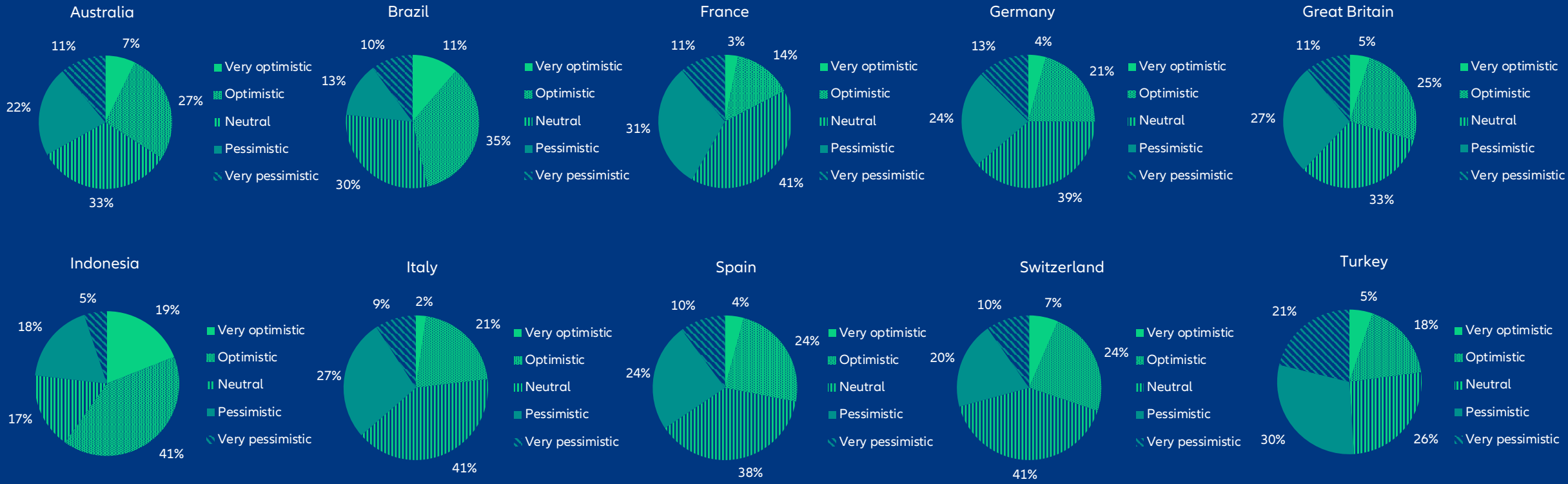
Optimism grows with youth: Gen Z leads in positive outlook, while Baby Boomers default to neutrality and Gen X reports the most pessimism

Q: How do you feel about your **financial future**?

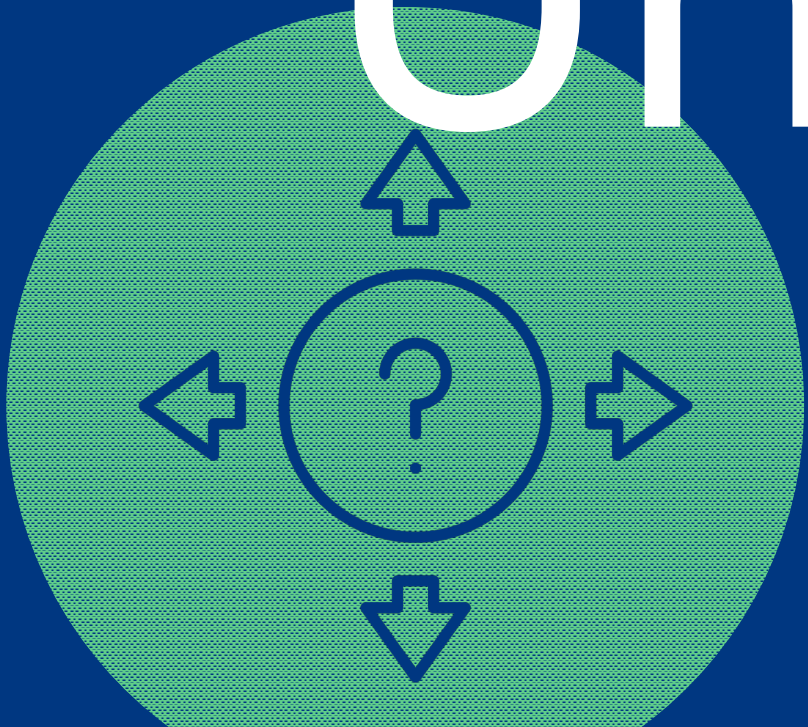


Financial future sentiment varies widely: Indonesia most optimistic, Turkey most pessimistic – Europe caught in between

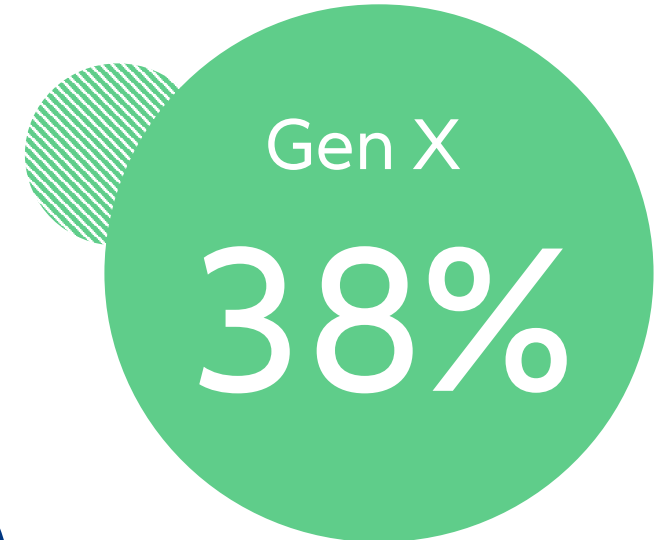
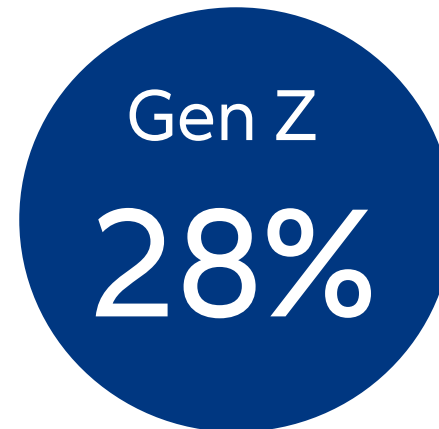
Q: How do you feel about your financial future?



Navigating Uncertainty



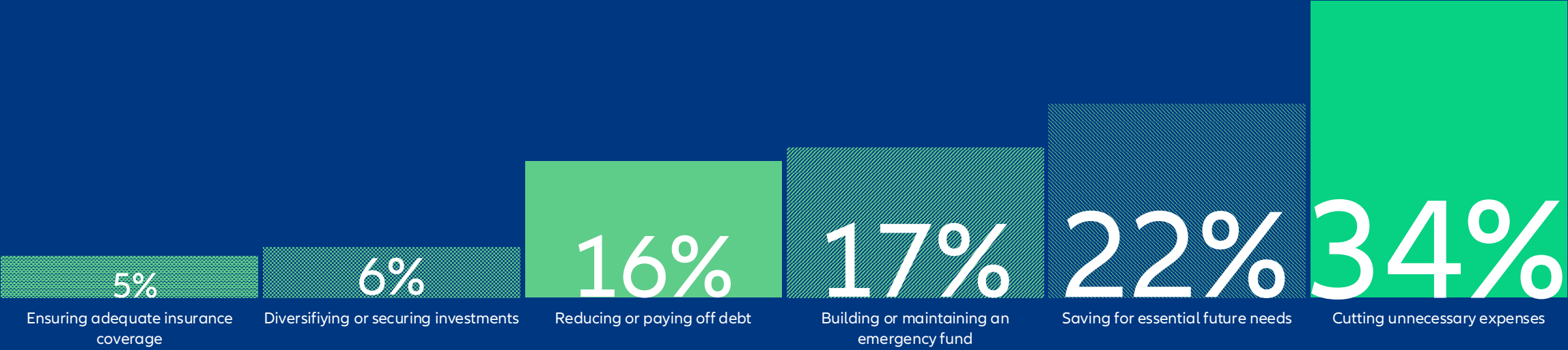
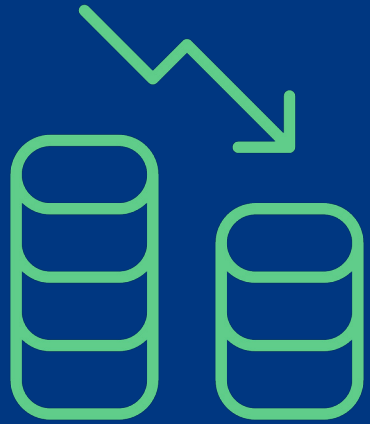
While cutting expenses ranks #1 across all generations, Gen Z prefers a more diversified mix of financial strategies – with just 28% focused on cutting costs versus 38% for Gen X.



A survival-first mindset: People prioritize cutting back and saving over investing or insuring

Q: What is your primary financial priority during uncertain times?

Global

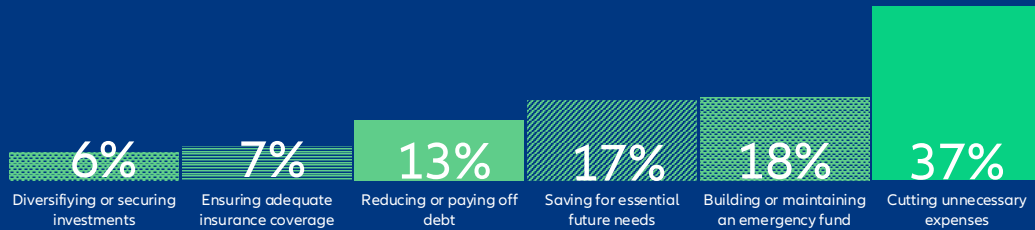


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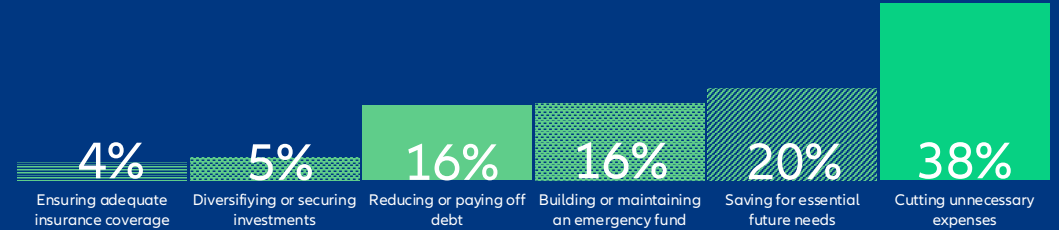
Same instinct, different follow-through: Every generation cuts costs first, but Gen Z shows the most balanced approach

Q: What is your primary financial priority during uncertain times?

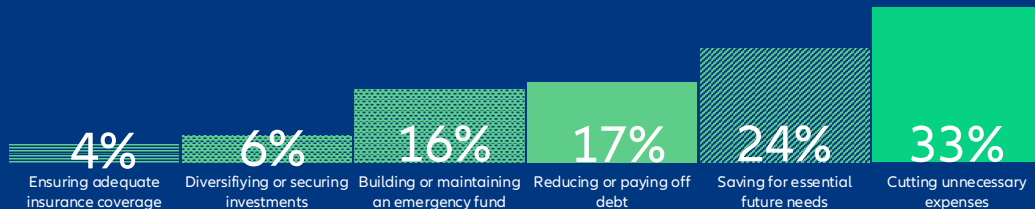
Baby Boomer



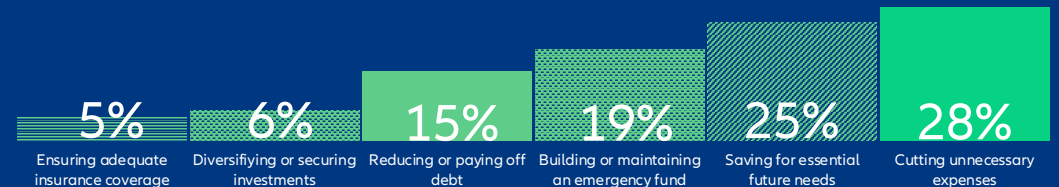
Gen X



Millennial

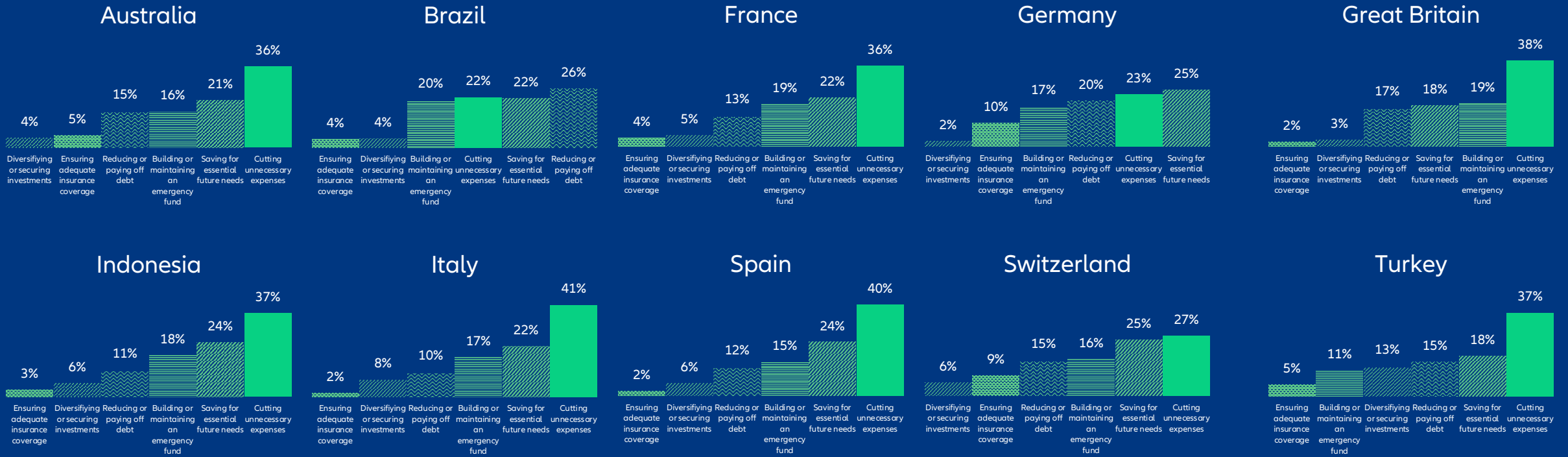


Gen Z



Across countries, cutting expenses dominates, yet local differences emerge: Debt in Brazil, savings in Germany, and reserve-building in Great Britain.

Q: What is your primary financial priority during uncertain times?



Thank you!

