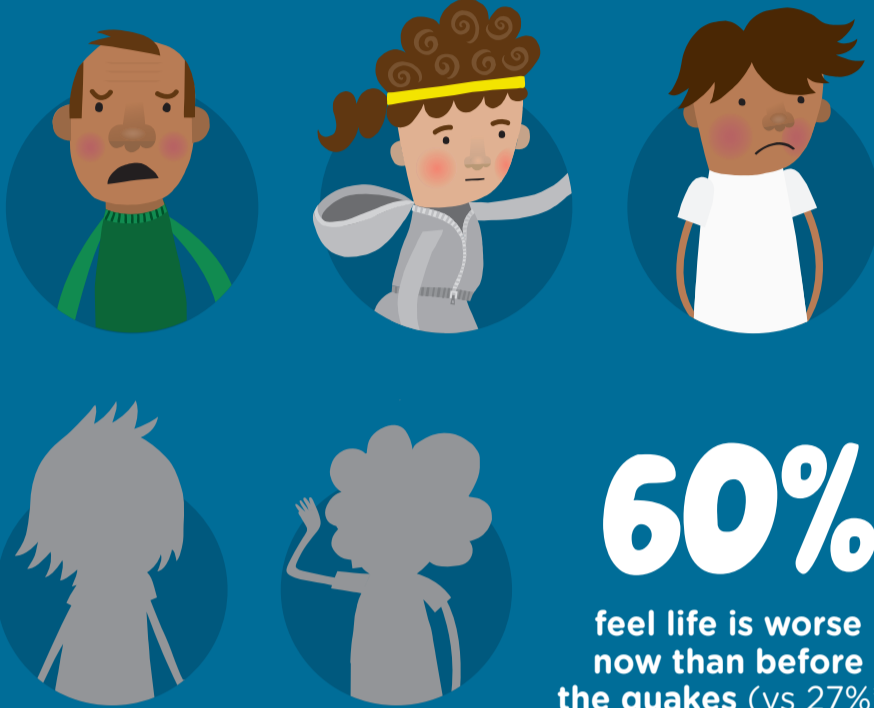



# THE HUMAN COST OF UNSETTLED EARTHQUAKE CLAIMS




Our research shows that many people with unsettled claims are among those Cantabrians having a particularly tough time.




**60%**  
feel life is worse now than before the quakes (vs 27%\*)




**46%**  
say they now have more health issues (vs 32%\*)


**19%**  
argue with their partners more now (vs 9%\*)



**44%**  
say their current living situation is getting them down (vs 9%\*)



**75%**  
are grieving for what we've lost (vs 51%\*)






**A little kindness is never wasted**

Life in Canterbury can be a bit of a roller coaster and four years on, we're all at different stages.

If you're facing stressors beyond your control, you don't have to go it alone. Research shows that making time for the people and things that are important to us can really help.

Now more than ever, we need to be kind to ourselves and others. Whether it's a helping hand, a sympathetic ear or sharing a little love, the simple things we do can make a big difference.



**2 OUT OF 5**  
have more financial problems (vs 1 out of 5\*)

\*For those with settled claims