

# How are Americans feeling, six months into the COVID-19 pandemic?

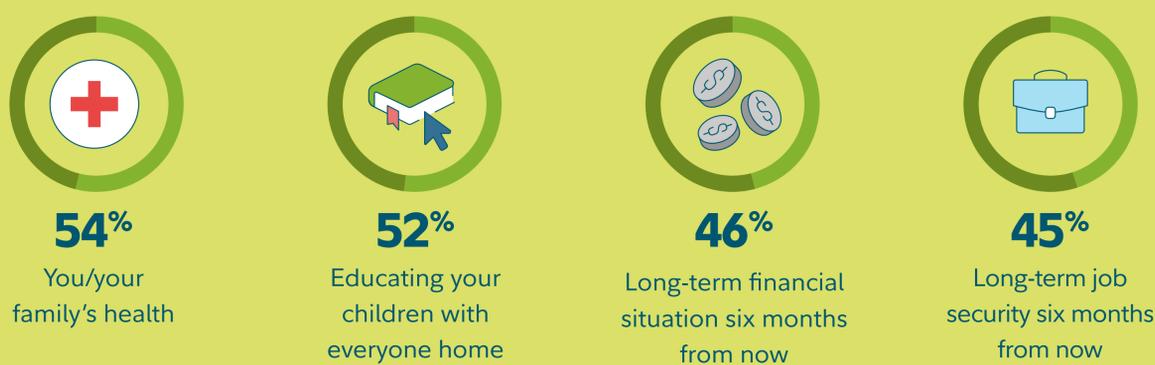
According to Fidelity Investments®' Moving Forward study, anxiety has been on the rise since social distancing first began in March — and it's expected to continue into 2021. Dealing with the crisis, however, has left people with more confidence in their abilities to take on the challenges ahead.



In a world of uncertainty amidst the pandemic, **many American's experienced a major life event:**



As stress around COVID has increased, **so have concerns around pressing family matters:**



Stress is expected to continue **into the new year:**



Despite these anxious times, **Americans are digging deep to find silver linings:**



People also shared **advice for handling the unexpected:**



Fidelity's Life Events hub offers digital tools and resources to help people plan for and react to more than 30 different moments in their lives. Even in times of uncertainty, you can take your next best step confidently with [Fidelity.com/LifeEvents](https://www.fidelity.com/lifeevents)