

YouGov Survey: Holiday Feelings and Stressors



Sample 1135 U.S. adult citizens
 Conducted December 10 - 13, 2024
 Margin of Error ±3.7%

1. Will you celebrate Christmas or another winter holiday this year?

Yes 81%
 No 12%
 Not sure 7%

2. Is Christmas the primary holiday you will be celebrating this winter?

Asked of people who plan to celebrate the holidays

Yes 92%
 No 7%
 Not sure 1%

3. During the holiday season, how often do you feel...?

	Always	Usually	Sometimes	Rarely	Never	Not sure
Grateful	45%	28%	21%	4%	1%	1%
Loved	33%	31%	25%	8%	2%	1%
Happy	19%	42%	29%	9%	1%	1%
Excited	19%	26%	33%	17%	4%	1%
Nostalgic	19%	23%	36%	11%	5%	7%
Cozy	14%	33%	37%	10%	3%	2%
Cold	13%	26%	37%	15%	7%	2%
Tired	13%	23%	46%	13%	5%	1%
Stressed	12%	17%	40%	21%	10%	2%
Overwhelmed	11%	17%	37%	23%	11%	2%
Lonely	6%	10%	30%	29%	24%	1%
Sad	4%	9%	35%	34%	17%	1%

4. Do you think that people generally start celebrating the holidays...?

Too early 42%
 At about the right time 46%
 Not early enough 5%
 Not sure 7%

5. Compared to when you were growing up, do you think that people today generally start celebrating the holidays...?

Much earlier	35%
Somewhat earlier	25%
At the same time	25%
Somewhat later	7%
Much later	3%
Not sure	6%

6. When do you typically start celebrating Christmas?

Among people who celebrate Christmas

Before November	1%
Early November	4%
Mid-November	4%
Late November	21%
Early December	27%
Mid-December	27%
On Christmas Eve or Christmas Day	15%
Not sure	1%

7. Do you think that expectations around the holidays today generally are...?

Too high	48%
About right	34%
Not high enough	6%
Not sure	13%

8. Compared to when you were growing up, do you think that expectations around the holidays generally have...?

Increased a lot	30%
Increased a little	17%
Stayed the same	22%
Decreased a little	14%
Decreased a lot	8%
Not sure	9%

9. During the holiday season, do you experience stress or anxiety related to any of the following? Select all that apply.

Missing loved ones	44%
Shopping for gifts	40%
Cooking and cleaning	31%
Relationships with family or friends	31%
Lack of time to relax	28%
Putting up and taking down decorations	26%
Social obligations	25%
Feeling alone	24%
Pressure to create meaningful experiences	23%
Hosting guests	16%
Not having the same traditions as those around you	14%
None of the above	17%

10. During the holiday season, do you experience stress or anxiety related to any of the following? Select all that apply.

Spending money	50%
Crowds and traffic	43%
Winter weather	37%
Shorter days and lack of sunlight	36%
Dangerous road conditions	26%
Materialism	25%
Seasonal illnesses	25%
Changes from your usual routine	23%
Changes in eating habits	17%
Having to work	17%
Holiday advertising	15%
Traveling	14%
None of the above	17%

YouGov Survey: Holiday Feelings and Stressors



Interviewing Dates	December 10 - 13, 2024
Target population	U.S. Citizens, aged 18 and over.
Sampling method	Respondents were selected from YouGov's opt-in panel to be representative of adult U.S. citizens.
Weighting	The sample was weighted according to gender, age, race, education, 2024 presidential vote, 2020 election turnout and presidential vote, baseline party identification, and current voter registration status. Demographic weighting targets come from the 2019 American Community Survey. 2024 presidential vote, at time of weighting was estimated to be 48% Harris and 50% Trump. Baseline party identification is the respondent's most recent answer given around November 8, 2024, and is weighted to the estimated distribution at that time (31% Democratic, 32% Republican). The weights range from 0.052 to 5.567, with a mean of one and a standard deviation of 0.781.
Number of respondents	1135
Margin of error	± 3.7% (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	83 questions not reported.

YouGov Survey: Holiday Feelings and Stressors

December 10 - 13, 2024 - 1135 U.S. adult citizens



1. Celebrate Christmas or Winter Holiday

Will you celebrate Christmas or another winter holiday this year?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Yes	81%	78%	83%	81%	86%	80%	77%	84%	78%	79%	*
No	12%	14%	11%	13%	10%	13%	14%	10%	14%	17%	*
Not sure	7%	7%	6%	6%	5%	7%	9%	6%	8%	4%	*
Totals	100%	99%	100%	100%	101%	100%	100%	100%	100%	100%	*
Unweighted N	(1,133)	(529)	(604)	(266)	(229)	(364)	(274)	(704)	(160)	(187)	(82)

	Party ID			2024 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Yes	81%	79%	74%	90%	85%	90%	73%	86%	92%	86%	80%	81%	79%
No	12%	12%	17%	7%	9%	7%	16%	10%	5%	8%	17%	11%	14%
Not sure	7%	8%	9%	2%	5%	3%	11%	4%	3%	6%	3%	9%	7%
Totals	100%	99%	100%	99%	99%	100%	100%	100%	100%	100%	100%	101%	100%
Unweighted N	(1,133)	(402)	(381)	(350)	(454)	(435)	(450)	(336)	(237)	(204)	(228)	(424)	(277)

YouGov Survey: Holiday Feelings and Stressors

December 10 - 13, 2024 - 1135 U.S. adult citizens



2. Is Christmas Primary Winter Holiday

Is Christmas the primary holiday you will be celebrating this winter?

Asked of people who plan to celebrate the holidays

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Yes	92%	93%	92%	94%	93%	93%	89%	92%	92%	91%	*
No	7%	7%	6%	5%	6%	7%	8%	7%	6%	7%	*
Not sure	1%	1%	1%	0%	0%	0%	3%	1%	2%	2%	*
Totals	100%	101%	99%	99%	99%	100%	100%	100%	100%	100%	*
Unweighted N	(959)	(437)	(522)	(233)	(201)	(298)	(227)	(610)	(130)	(160)	(59)

	Party ID			2024 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Yes	92%	90%	93%	95%	90%	96%	93%	92%	93%	93%	96%	94%	87%
No	7%	9%	6%	5%	8%	4%	6%	7%	6%	7%	4%	5%	12%
Not sure	1%	1%	1%	0%	1%	0%	1%	0%	1%	0%	0%	1%	1%
Totals	100%	100%	100%	100%	99%	100%	100%	99%	100%	100%	100%	100%	100%
Unweighted N	(959)	(336)	(304)	(319)	(391)	(387)	(352)	(299)	(216)	(179)	(192)	(355)	(233)

YouGov Survey: Holiday Feelings and Stressors

December 10 - 13, 2024 - 1135 U.S. adult citizens



3A. Holiday Season Feelings — Grateful

During the holiday season, how often do you feel . . . ?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Always	45%	35%	53%	49%	45%	40%	47%	38%	69%	49%	*
Usually	28%	31%	25%	26%	28%	31%	26%	33%	19%	16%	*
Sometimes	21%	24%	18%	19%	21%	21%	22%	23%	10%	27%	*
Rarely	4%	6%	3%	5%	4%	4%	4%	5%	3%	4%	*
Never	1%	2%	0%	0%	0%	2%	0%	1%	0%	1%	*
Not sure	1%	2%	1%	1%	2%	2%	0%	1%	0%	3%	*
Totals	100%	100%	100%	100%	100%	100%	99%	101%	101%	100%	*
Unweighted N	(1,131)	(528)	(603)	(266)	(227)	(363)	(275)	(702)	(160)	(187)	(82)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Always	45%	40%	43%	51%	40%	51%	47%	41%	40%	52%	33%	50%	40%
Usually	28%	32%	23%	30%	32%	29%	23%	30%	38%	30%	33%	23%	31%
Sometimes	21%	23%	24%	15%	22%	16%	22%	22%	19%	15%	28%	18%	24%
Rarely	4%	4%	6%	3%	5%	3%	5%	7%	1%	2%	3%	6%	4%
Never	1%	1%	1%	0%	0%	1%	1%	0%	2%	0%	2%	1%	2%
Not sure	1%	1%	3%	0%	1%	0%	2%	0%	0%	1%	0%	2%	0%
Totals	100%	101%	100%	99%	100%	100%	100%	100%	100%	100%	99%	100%	101%
Unweighted N	(1,131)	(401)	(381)	(349)	(455)	(433)	(450)	(334)	(238)	(202)	(229)	(423)	(277)

YouGov Survey: Holiday Feelings and Stressors

December 10 - 13, 2024 - 1135 U.S. adult citizens



3B. Holiday Season Feelings — Loved

During the holiday season, how often do you feel... ?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Always	33%	30%	36%	36%	34%	29%	34%	31%	45%	33%	*
Usually	31%	31%	31%	32%	27%	33%	31%	33%	26%	29%	*
Sometimes	25%	27%	23%	23%	26%	25%	23%	24%	22%	26%	*
Rarely	8%	9%	7%	6%	9%	7%	9%	9%	5%	5%	*
Never	2%	1%	3%	0%	2%	4%	2%	2%	2%	6%	*
Not sure	1%	2%	1%	2%	2%	2%	0%	2%	0%	2%	*
Totals	100%	100%	101%	99%	100%	100%	99%	101%	100%	101%	*
Unweighted N	(1,124)	(526)	(598)	(264)	(226)	(362)	(272)	(698)	(158)	(186)	(82)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Always	33%	31%	28%	41%	33%	38%	30%	33%	36%	46%	26%	33%	31%
Usually	31%	32%	30%	31%	31%	33%	26%	31%	46%	29%	35%	29%	32%
Sometimes	25%	28%	27%	18%	25%	18%	27%	25%	13%	18%	26%	25%	26%
Rarely	8%	7%	8%	8%	7%	9%	11%	7%	5%	5%	13%	7%	6%
Never	2%	1%	4%	0%	2%	1%	3%	3%	0%	0%	1%	3%	3%
Not sure	1%	1%	2%	1%	0%	2%	2%	1%	0%	1%	0%	2%	1%
Totals	100%	100%	99%	99%	98%	101%	99%	100%	100%	99%	101%	99%	99%
Unweighted N	(1,124)	(399)	(380)	(345)	(453)	(429)	(448)	(332)	(236)	(201)	(228)	(419)	(276)

YouGov Survey: Holiday Feelings and Stressors

December 10 - 13, 2024 - 1135 U.S. adult citizens



3C. Holiday Season Feelings — Happy

During the holiday season, how often do you feel . . . ?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Always	19%	21%	18%	32%	23%	10%	16%	14%	36%	28%	*
Usually	42%	37%	46%	41%	32%	48%	45%	43%	36%	38%	*
Sometimes	29%	31%	27%	18%	32%	30%	33%	32%	21%	22%	*
Rarely	9%	9%	8%	7%	10%	11%	5%	10%	6%	7%	*
Never	1%	1%	1%	1%	1%	1%	0%	1%	2%	2%	*
Not sure	1%	2%	0%	0%	2%	1%	0%	1%	0%	3%	*
Totals	101%	101%	100%	99%	100%	101%	99%	101%	101%	100%	*
Unweighted N	(1,129)	(527)	(602)	(266)	(227)	(364)	(272)	(702)	(159)	(186)	(82)

	Party ID			2024 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Always	19%	21%	17%	20%	20%	19%	16%	18%	25%	22%	12%	22%	19%
Usually	42%	39%	34%	53%	42%	52%	39%	41%	50%	49%	46%	36%	44%
Sometimes	29%	33%	34%	19%	32%	20%	32%	29%	23%	25%	30%	29%	30%
Rarely	9%	6%	12%	7%	6%	7%	11%	11%	2%	2%	12%	10%	6%
Never	1%	1%	1%	1%	1%	1%	1%	1%	0%	0%	0%	2%	0%
Not sure	1%	0%	2%	1%	0%	1%	1%	0%	0%	2%	0%	1%	1%
Totals	101%	100%	100%	101%	101%	100%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,129)	(401)	(378)	(350)	(453)	(431)	(448)	(337)	(235)	(204)	(229)	(421)	(275)

YouGov Survey: Holiday Feelings and Stressors

December 10 - 13, 2024 - 1135 U.S. adult citizens



3D. Holiday Season Feelings — Excited

During the holiday season, how often do you feel... ?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Always	19%	19%	19%	33%	23%	13%	10%	15%	28%	27%	*
Usually	26%	23%	29%	29%	26%	22%	29%	25%	28%	27%	*
Sometimes	33%	34%	32%	26%	29%	41%	34%	36%	27%	28%	*
Rarely	17%	19%	14%	8%	15%	19%	24%	20%	12%	8%	*
Never	4%	3%	5%	3%	6%	5%	2%	3%	5%	7%	*
Not sure	1%	1%	1%	2%	2%	0%	1%	1%	0%	1%	*
Totals	100%	99%	100%	101%	101%	100%	100%	100%	100%	98%	*
Unweighted N	(1,128)	(527)	(601)	(266)	(227)	(363)	(272)	(703)	(158)	(185)	(82)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Always	19%	19%	17%	21%	19%	20%	16%	18%	22%	24%	14%	22%	15%
Usually	26%	26%	20%	32%	26%	29%	25%	28%	27%	33%	21%	24%	28%
Sometimes	33%	35%	32%	34%	33%	33%	34%	31%	35%	29%	41%	31%	35%
Rarely	17%	17%	22%	10%	19%	13%	18%	16%	16%	11%	21%	16%	17%
Never	4%	2%	7%	3%	2%	3%	5%	6%	1%	2%	3%	6%	4%
Not sure	1%	1%	2%	0%	1%	1%	1%	1%	0%	1%	0%	1%	2%
Totals	100%	100%	100%	100%	100%	99%	99%	100%	101%	100%	100%	100%	101%
Unweighted N	(1,128)	(400)	(380)	(348)	(453)	(431)	(447)	(336)	(236)	(203)	(229)	(420)	(276)

YouGov Survey: Holiday Feelings and Stressors

December 10 - 13, 2024 - 1135 U.S. adult citizens



3E. Holiday Season Feelings — Nostalgic

During the holiday season, how often do you feel... ?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Always	19%	16%	21%	15%	18%	17%	25%	18%	11%	18%	*
Usually	23%	22%	24%	25%	19%	23%	23%	25%	16%	20%	*
Sometimes	36%	38%	34%	33%	38%	34%	39%	36%	36%	39%	*
Rarely	11%	11%	11%	15%	11%	11%	7%	10%	18%	10%	*
Never	5%	6%	5%	4%	5%	8%	3%	5%	8%	7%	*
Not sure	7%	7%	6%	8%	9%	6%	3%	6%	11%	6%	*
Totals	101%	100%	101%	100%	100%	99%	100%	100%	100%	100%	*
Unweighted N	(1,122)	(523)	(599)	(264)	(226)	(359)	(273)	(699)	(156)	(185)	(82)

	Party ID			2024 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Always	19%	17%	18%	22%	17%	23%	17%	19%	20%	28%	22%	13%	19%
Usually	23%	22%	19%	28%	26%	28%	21%	23%	27%	22%	26%	23%	20%
Sometimes	36%	39%	35%	33%	36%	33%	35%	35%	38%	34%	31%	37%	38%
Rarely	11%	11%	12%	9%	14%	9%	10%	15%	9%	7%	13%	11%	11%
Never	5%	5%	8%	4%	4%	4%	6%	7%	3%	4%	5%	7%	4%
Not sure	7%	6%	9%	4%	3%	4%	11%	1%	3%	4%	4%	9%	7%
Totals	101%	100%	101%	100%	100%	101%	100%	100%	100%	99%	101%	100%	99%
Unweighted N	(1,122)	(397)	(379)	(346)	(451)	(429)	(444)	(335)	(234)	(202)	(228)	(417)	(275)

YouGov Survey: Holiday Feelings and Stressors

December 10 - 13, 2024 - 1135 U.S. adult citizens



3F. Holiday Season Feelings — Cozy

During the holiday season, how often do you feel... ?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Always	14%	12%	16%	18%	16%	10%	15%	12%	17%	20%	*
Usually	33%	30%	37%	34%	29%	32%	38%	31%	34%	39%	*
Sometimes	37%	39%	36%	36%	35%	42%	35%	40%	36%	28%	*
Rarely	10%	14%	7%	7%	14%	10%	8%	11%	8%	9%	*
Never	3%	3%	3%	2%	3%	4%	3%	3%	3%	2%	*
Not sure	2%	3%	1%	4%	2%	2%	1%	2%	2%	3%	*
Totals	99%	101%	100%	101%	99%	100%	100%	99%	100%	101%	*
Unweighted N	(1,121)	(524)	(597)	(264)	(224)	(362)	(271)	(700)	(154)	(185)	(82)

	Party ID			2024 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Always	14%	15%	10%	17%	14%	17%	13%	14%	19%	15%	9%	17%	12%
Usually	33%	33%	33%	34%	36%	34%	33%	31%	35%	35%	39%	30%	34%
Sometimes	37%	35%	40%	37%	36%	36%	36%	40%	37%	38%	36%	37%	38%
Rarely	10%	11%	12%	7%	10%	9%	11%	11%	8%	8%	9%	10%	12%
Never	3%	3%	3%	3%	3%	3%	5%	3%	0%	1%	6%	3%	2%
Not sure	2%	2%	3%	1%	1%	2%	2%	1%	0%	4%	1%	2%	2%
Totals	99%	99%	101%	99%	100%	101%	100%	100%	99%	101%	100%	99%	100%
Unweighted N	(1,121)	(399)	(376)	(346)	(451)	(430)	(441)	(335)	(236)	(202)	(229)	(416)	(274)

YouGov Survey: Holiday Feelings and Stressors

December 10 - 13, 2024 - 1135 U.S. adult citizens



3G. Holiday Season Feelings — Cold

During the holiday season, how often do you feel... ?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Always	13%	12%	15%	20%	15%	11%	8%	13%	12%	14%	*
Usually	26%	25%	27%	37%	29%	24%	17%	24%	32%	37%	*
Sometimes	37%	37%	36%	29%	34%	41%	40%	39%	28%	28%	*
Rarely	15%	16%	14%	8%	14%	16%	21%	15%	15%	14%	*
Never	7%	8%	6%	5%	6%	6%	13%	6%	11%	7%	*
Not sure	2%	1%	2%	1%	2%	2%	1%	2%	3%	1%	*
Totals	100%	99%	100%	100%	100%	100%	100%	99%	101%	101%	*
Unweighted N	(1,126)	(524)	(602)	(265)	(228)	(360)	(273)	(700)	(157)	(187)	(82)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Always	13%	13%	14%	14%	13%	12%	16%	11%	12%	12%	19%	12%	12%
Usually	26%	29%	25%	25%	26%	24%	27%	25%	23%	27%	24%	25%	29%
Sometimes	37%	34%	38%	38%	36%	39%	31%	39%	46%	37%	33%	38%	36%
Rarely	15%	15%	14%	16%	16%	16%	16%	16%	14%	12%	18%	14%	15%
Never	7%	8%	8%	6%	8%	7%	8%	8%	5%	7%	6%	8%	7%
Not sure	2%	2%	2%	1%	1%	2%	2%	1%	1%	4%	1%	2%	1%
Totals	100%	101%	101%	100%	100%	100%	100%	100%	101%	99%	101%	99%	100%
Unweighted N	(1,126)	(398)	(380)	(348)	(453)	(429)	(445)	(335)	(237)	(202)	(228)	(420)	(276)

YouGov Survey: Holiday Feelings and Stressors

December 10 - 13, 2024 - 1135 U.S. adult citizens



3H. Holiday Season Feelings — Tired

During the holiday season, how often do you feel... ?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Always	13%	9%	16%	14%	14%	16%	5%	14%	8%	13%	*
Usually	23%	18%	27%	21%	23%	25%	19%	24%	16%	21%	*
Sometimes	46%	48%	44%	40%	43%	45%	55%	46%	43%	43%	*
Rarely	13%	17%	9%	18%	12%	9%	15%	12%	18%	13%	*
Never	5%	6%	4%	6%	4%	5%	5%	3%	12%	8%	*
Not sure	1%	2%	0%	1%	3%	0%	0%	1%	3%	2%	*
Totals	101%	100%	100%	100%	99%	100%	99%	100%	100%	100%	*
Unweighted N	(1,129)	(529)	(600)	(266)	(226)	(363)	(274)	(701)	(159)	(187)	(82)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Always	13%	11%	15%	12%	11%	11%	18%	10%	9%	6%	16%	14%	11%
Usually	23%	18%	23%	26%	18%	22%	21%	26%	19%	24%	23%	21%	23%
Sometimes	46%	47%	44%	46%	49%	48%	42%	47%	55%	48%	41%	44%	51%
Rarely	13%	15%	12%	11%	16%	15%	11%	13%	16%	17%	15%	12%	10%
Never	5%	8%	3%	4%	5%	3%	6%	4%	2%	2%	5%	6%	4%
Not sure	1%	0%	3%	0%	0%	1%	2%	0%	0%	1%	0%	2%	0%
Totals	101%	99%	100%	99%	99%	100%	100%	100%	101%	98%	100%	99%	99%
Unweighted N	(1,129)	(401)	(379)	(349)	(454)	(431)	(447)	(336)	(237)	(202)	(229)	(422)	(276)

YouGov Survey: Holiday Feelings and Stressors

December 10 - 13, 2024 - 1135 U.S. adult citizens



3I. Holiday Season Feelings — Stressed

During the holiday season, how often do you feel . . . ?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Always	12%	8%	15%	8%	13%	16%	7%	13%	9%	12%	*
Usually	17%	15%	18%	19%	16%	20%	9%	16%	12%	23%	*
Sometimes	40%	40%	40%	47%	40%	37%	37%	43%	38%	30%	*
Rarely	21%	23%	18%	16%	18%	18%	31%	21%	19%	19%	*
Never	10%	13%	7%	8%	9%	8%	15%	6%	21%	11%	*
Not sure	2%	2%	1%	2%	3%	1%	1%	1%	1%	4%	*
Totals	102%	101%	99%	100%	99%	100%	100%	100%	100%	99%	*
Unweighted N	(1,121)	(525)	(596)	(263)	(225)	(362)	(271)	(699)	(154)	(186)	(82)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Always	12%	8%	15%	11%	9%	11%	15%	12%	6%	7%	12%	15%	7%
Usually	17%	19%	16%	14%	16%	13%	19%	15%	14%	15%	21%	15%	16%
Sometimes	40%	43%	37%	41%	41%	43%	32%	45%	51%	49%	38%	37%	42%
Rarely	21%	20%	18%	24%	26%	23%	20%	20%	21%	21%	21%	19%	23%
Never	10%	10%	11%	8%	7%	9%	12%	7%	8%	7%	8%	11%	11%
Not sure	2%	1%	3%	1%	1%	1%	3%	1%	0%	1%	0%	3%	0%
Totals	102%	101%	100%	99%	100%	100%	101%	100%	100%	100%	100%	100%	99%
Unweighted N	(1,121)	(398)	(377)	(346)	(451)	(428)	(446)	(331)	(235)	(201)	(229)	(415)	(276)

YouGov Survey: Holiday Feelings and Stressors

December 10 - 13, 2024 - 1135 U.S. adult citizens



3J. Holiday Season Feelings — Overwhelmed

During the holiday season, how often do you feel... ?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Always	11%	8%	14%	12%	15%	11%	5%	10%	8%	19%	*
Usually	17%	14%	19%	24%	17%	16%	11%	17%	18%	16%	*
Sometimes	37%	37%	38%	39%	38%	38%	34%	38%	38%	28%	*
Rarely	23%	26%	20%	17%	19%	24%	32%	24%	17%	21%	*
Never	11%	13%	8%	7%	8%	9%	18%	9%	18%	13%	*
Not sure	2%	1%	2%	1%	3%	1%	0%	1%	0%	2%	*
Totals	101%	99%	101%	100%	100%	99%	100%	99%	99%	99%	*
Unweighted N	(1,128)	(527)	(601)	(266)	(228)	(362)	(272)	(702)	(157)	(187)	(82)

	Party ID			2024 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Always	11%	10%	13%	10%	11%	9%	14%	12%	5%	7%	10%	14%	10%
Usually	17%	18%	19%	13%	17%	12%	17%	17%	14%	19%	15%	17%	17%
Sometimes	37%	39%	34%	40%	38%	39%	33%	39%	44%	40%	39%	37%	33%
Rarely	23%	21%	20%	28%	25%	30%	20%	24%	28%	25%	28%	18%	27%
Never	11%	11%	12%	8%	9%	9%	13%	7%	9%	7%	9%	12%	11%
Not sure	2%	1%	3%	1%	1%	1%	2%	0%	0%	2%	0%	2%	1%
Totals	101%	100%	101%	100%	101%	100%	99%	99%	100%	100%	101%	100%	99%
Unweighted N	(1,128)	(401)	(380)	(347)	(454)	(430)	(449)	(335)	(237)	(202)	(228)	(423)	(275)

YouGov Survey: Holiday Feelings and Stressors

December 10 - 13, 2024 - 1135 U.S. adult citizens



3K. Holiday Season Feelings — Lonely

During the holiday season, how often do you feel... ?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Always	6%	5%	6%	5%	7%	6%	4%	5%	3%	8%	*
Usually	10%	9%	11%	10%	11%	12%	6%	11%	10%	6%	*
Sometimes	30%	30%	31%	29%	34%	29%	30%	31%	30%	29%	*
Rarely	29%	29%	29%	32%	26%	30%	29%	30%	26%	31%	*
Never	24%	26%	21%	21%	20%	23%	31%	22%	30%	23%	*
Not sure	1%	1%	2%	2%	2%	0%	0%	1%	0%	3%	*
Totals	100%	100%	100%	99%	100%	100%	100%	100%	99%	100%	*
Unweighted N	(1,124)	(523)	(601)	(265)	(227)	(361)	(271)	(696)	(159)	(187)	(82)

	Party ID			2024 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Always	6%	5%	7%	5%	5%	5%	9%	5%	1%	4%	5%	6%	7%
Usually	10%	10%	14%	6%	9%	6%	14%	9%	6%	4%	13%	10%	10%
Sometimes	30%	35%	30%	26%	30%	26%	30%	34%	28%	32%	30%	29%	32%
Rarely	29%	29%	23%	36%	32%	36%	25%	24%	41%	28%	33%	27%	30%
Never	24%	21%	24%	26%	23%	26%	21%	28%	24%	29%	18%	26%	21%
Not sure	1%	0%	2%	2%	0%	1%	2%	1%	0%	3%	0%	1%	0%
Totals	100%	100%	100%	101%	99%	100%	101%	101%	100%	100%	99%	99%	100%
Unweighted N	(1,124)	(399)	(378)	(347)	(452)	(430)	(445)	(335)	(236)	(203)	(228)	(419)	(274)

YouGov Survey: Holiday Feelings and Stressors

December 10 - 13, 2024 - 1135 U.S. adult citizens



3L. Holiday Season Feelings — Sad

During the holiday season, how often do you feel... ?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Always	4%	3%	5%	2%	4%	5%	3%	3%	2%	7%	*
Usually	9%	9%	10%	8%	12%	11%	6%	11%	2%	11%	*
Sometimes	35%	28%	42%	27%	41%	35%	36%	36%	26%	34%	*
Rarely	34%	38%	30%	37%	28%	34%	37%	35%	37%	28%	*
Never	17%	22%	12%	23%	13%	14%	18%	14%	33%	17%	*
Not sure	1%	1%	1%	3%	3%	0%	0%	1%	0%	3%	*
Totals	100%	101%	100%	100%	101%	99%	100%	100%	100%	100%	*
Unweighted N	(1,123)	(526)	(597)	(265)	(225)	(364)	(269)	(698)	(157)	(186)	(82)

	Party ID			2024 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Always	4%	2%	5%	4%	3%	5%	5%	4%	1%	1%	4%	4%	4%
Usually	9%	11%	12%	5%	9%	5%	11%	12%	2%	8%	10%	10%	9%
Sometimes	35%	35%	36%	33%	35%	34%	37%	31%	35%	35%	33%	34%	38%
Rarely	34%	33%	29%	40%	35%	39%	28%	35%	48%	27%	41%	31%	37%
Never	17%	18%	16%	17%	17%	16%	17%	17%	14%	26%	12%	19%	11%
Not sure	1%	1%	2%	1%	1%	1%	1%	1%	1%	3%	0%	2%	1%
Totals	100%	100%	100%	100%	100%	100%	99%	100%	101%	100%	100%	100%	100%
Unweighted N	(1,123)	(400)	(378)	(345)	(453)	(428)	(446)	(333)	(236)	(201)	(228)	(419)	(275)

YouGov Survey: Holiday Feelings and Stressors

December 10 - 13, 2024 - 1135 U.S. adult citizens



4. Holiday Timing

Do you think that people generally start celebrating the holidays... ?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Too early	42%	47%	38%	22%	33%	52%	57%	46%	28%	38%	*
At about the right time	46%	44%	48%	60%	50%	42%	35%	45%	52%	44%	*
Not early enough	5%	3%	6%	7%	8%	2%	3%	4%	6%	7%	*
Not sure	7%	6%	8%	11%	10%	4%	5%	5%	14%	10%	*
Totals	100%	100%	100%	100%	101%	100%	100%	100%	100%	99%	*
Unweighted N	(1,133)	(529)	(604)	(267)	(229)	(362)	(275)	(704)	(160)	(187)	(82)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Too early	42%	38%	48%	40%	45%	40%	42%	45%	43%	36%	48%	42%	41%
At about the right time	46%	49%	38%	51%	44%	52%	45%	44%	53%	48%	45%	45%	46%
Not early enough	5%	5%	4%	5%	3%	4%	5%	5%	3%	9%	2%	4%	5%
Not sure	7%	8%	10%	3%	8%	4%	8%	7%	2%	7%	5%	8%	8%
Totals	100%	100%	100%	99%	100%	100%	100%	101%	101%	100%	100%	99%	100%
Unweighted N	(1,133)	(401)	(382)	(350)	(454)	(434)	(450)	(336)	(237)	(203)	(229)	(425)	(276)

YouGov Survey: Holiday Feelings and Stressors

December 10 - 13, 2024 - 1135 U.S. adult citizens



5. Changes in Holiday Timing

Compared to when you were growing up, do you think that people today generally start celebrating the holidays... ?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Much earlier	35%	33%	37%	9%	25%	47%	52%	40%	18%	29%	*
Somewhat earlier	25%	26%	24%	28%	24%	24%	24%	24%	26%	26%	*
At the same time	25%	26%	23%	34%	31%	19%	17%	22%	33%	30%	*
Somewhat later	7%	7%	6%	14%	9%	3%	3%	5%	14%	6%	*
Much later	3%	2%	4%	5%	2%	4%	2%	3%	3%	5%	*
Not sure	6%	6%	6%	11%	9%	4%	2%	6%	5%	5%	*
Totals	101%	100%	100%	101%	100%	101%	100%	100%	99%	101%	*
Unweighted N	(1,133)	(528)	(605)	(266)	(229)	(364)	(274)	(704)	(160)	(187)	(82)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Much earlier	35%	30%	36%	39%	39%	41%	34%	38%	35%	35%	39%	33%	35%
Somewhat earlier	25%	28%	25%	21%	25%	21%	24%	24%	30%	23%	20%	25%	29%
At the same time	25%	25%	21%	27%	25%	26%	25%	24%	24%	21%	30%	26%	20%
Somewhat later	7%	7%	6%	7%	5%	5%	5%	9%	6%	14%	3%	6%	5%
Much later	3%	2%	4%	3%	2%	3%	4%	1%	5%	4%	2%	3%	4%
Not sure	6%	8%	8%	2%	3%	3%	8%	4%	0%	3%	5%	7%	7%
Totals	101%	100%	100%	99%	99%	99%	100%	100%	100%	100%	99%	100%	100%
Unweighted N	(1,133)	(402)	(381)	(350)	(455)	(434)	(450)	(335)	(238)	(204)	(229)	(424)	(276)

YouGov Survey: Holiday Feelings and Stressors

December 10 - 13, 2024 - 1135 U.S. adult citizens



6. When Celebrate Christmas

When do you typically start celebrating Christmas?

Among people who celebrate Christmas

	Gender		Age (4 category)				Race (4 category)				
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Before November	1%	0%	2%	1%	2%	1%	0%	1%	1%	2%	*
Early November	4%	1%	5%	5%	8%	2%	1%	4%	4%	1%	*
Mid-November	4%	3%	6%	3%	9%	3%	2%	4%	5%	8%	*
Late November	21%	17%	24%	19%	21%	24%	18%	21%	18%	23%	*
Early December	27%	31%	22%	25%	22%	31%	27%	29%	30%	15%	*
Mid-December	27%	28%	26%	26%	21%	23%	43%	27%	27%	31%	*
On Christmas Eve or Christmas Day	15%	18%	13%	19%	18%	14%	10%	14%	15%	17%	*
Not sure	1%	1%	2%	3%	0%	2%	0%	1%	0%	3%	*
Totals	100%	99%	100%	101%	101%	100%	101%	101%	100%	100%	*
Unweighted N	(886)	(401)	(485)	(217)	(191)	(275)	(203)	(566)	(116)	(149)	(55)

	Party ID			2024 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Before November	1%	0%	1%	2%	0%	2%	1%	2%	0%	2%	0%	1%	1%
Early November	4%	5%	2%	4%	4%	4%	3%	4%	4%	4%	2%	4%	3%
Mid-November	4%	6%	3%	4%	4%	5%	3%	7%	4%	5%	4%	4%	5%
Late November	21%	19%	20%	23%	19%	21%	23%	18%	19%	24%	22%	20%	18%
Early December	27%	27%	25%	28%	28%	28%	24%	25%	35%	22%	25%	31%	23%
Mid-December	27%	30%	28%	25%	33%	27%	29%	28%	25%	30%	32%	23%	28%
On Christmas Eve or Christmas Day	15%	12%	20%	14%	10%	13%	15%	15%	14%	11%	14%	16%	19%
Not sure	1%	2%	2%	0%	1%	1%	2%	1%	0%	1%	0%	1%	3%

continued on the next page . . .

YouGov Survey: Holiday Feelings and Stressors
 December 10 - 13, 2024 - 1135 U.S. adult citizens



continued from previous page

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Totals	100%	101%	101%	100%	99%	101%	100%	100%	101%	99%	99%	100%	100%
Unweighted N	(886)	(302)	(283)	(301)	(356)	(366)	(326)	(276)	(201)	(164)	(184)	(329)	(209)

YouGov Survey: Holiday Feelings and Stressors

December 10 - 13, 2024 - 1135 U.S. adult citizens



7. Holiday Expectations

Do you think that expectations around the holidays today generally are... ?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Too high	48%	41%	54%	27%	41%	62%	53%	53%	36%	37%	*
About right	34%	38%	30%	47%	37%	23%	34%	30%	44%	43%	*
Not high enough	6%	7%	4%	9%	10%	3%	2%	5%	11%	5%	*
Not sure	13%	14%	12%	17%	11%	12%	12%	13%	9%	14%	*
Totals	101%	100%	100%	100%	99%	100%	101%	101%	100%	99%	*
Unweighted N	(1,131)	(530)	(601)	(265)	(229)	(363)	(274)	(704)	(159)	(186)	(82)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Too high	48%	39%	54%	49%	51%	48%	48%	54%	47%	41%	54%	49%	44%
About right	34%	38%	26%	39%	33%	37%	34%	29%	40%	35%	31%	34%	35%
Not high enough	6%	8%	6%	4%	4%	4%	5%	7%	5%	13%	2%	5%	6%
Not sure	13%	15%	15%	9%	11%	10%	13%	10%	8%	10%	14%	12%	15%
Totals	101%	100%	101%	101%	99%	99%	100%	100%	100%	99%	101%	100%	100%
Unweighted N	(1,131)	(401)	(380)	(350)	(454)	(434)	(448)	(337)	(237)	(203)	(229)	(424)	(275)

YouGov Survey: Holiday Feelings and Stressors

December 10 - 13, 2024 - 1135 U.S. adult citizens



8. Changes in Holiday Expectations

Compared to when you were growing up, do you think that expectations around the holidays generally have...?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Increased a lot	30%	24%	36%	18%	22%	39%	37%	35%	27%	18%	*
Increased a little	17%	17%	16%	10%	21%	17%	18%	18%	14%	15%	*
Stayed the same	22%	24%	21%	25%	25%	21%	19%	22%	16%	29%	*
Decreased a little	14%	17%	12%	24%	14%	9%	15%	12%	20%	20%	*
Decreased a lot	8%	9%	6%	10%	10%	6%	5%	5%	18%	8%	*
Not sure	9%	9%	9%	13%	8%	9%	6%	9%	5%	9%	*
Totals	100%	100%	100%	100%	100%	101%	100%	101%	100%	99%	*
Unweighted N	(1,132)	(529)	(603)	(266)	(227)	(364)	(275)	(703)	(160)	(187)	(82)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Increased a lot	30%	25%	29%	36%	30%	36%	30%	31%	32%	28%	35%	31%	26%
Increased a little	17%	18%	16%	17%	24%	18%	15%	20%	21%	15%	23%	15%	17%
Stayed the same	22%	28%	17%	23%	21%	21%	21%	22%	25%	23%	21%	24%	20%
Decreased a little	14%	13%	16%	14%	13%	13%	17%	11%	12%	16%	8%	14%	21%
Decreased a lot	8%	7%	9%	6%	6%	6%	6%	10%	7%	9%	3%	9%	8%
Not sure	9%	9%	13%	4%	6%	6%	11%	6%	4%	9%	11%	9%	8%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	101%	100%	101%	102%	100%
Unweighted N	(1,132)	(402)	(382)	(348)	(455)	(432)	(449)	(336)	(237)	(203)	(228)	(424)	(277)

YouGov Survey: Holiday Feelings and Stressors

December 10 - 13, 2024 - 1135 U.S. adult citizens



9. Personal Holiday Season Stressors

During the holiday season, do you experience stress or anxiety related to any of the following? Select all that apply.

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Missing loved ones	44%	36%	51%	32%	35%	52%	53%	48%	35%	33%	*
Shopping for gifts	40%	32%	48%	39%	42%	45%	32%	42%	36%	37%	*
Cooking and cleaning	31%	21%	41%	35%	34%	32%	24%	31%	38%	28%	*
Relationships with family or friends	31%	29%	32%	32%	33%	28%	30%	32%	28%	26%	*
Lack of time to relax	28%	25%	31%	31%	33%	29%	17%	27%	32%	21%	*
Putting up and taking down decorations	26%	20%	31%	26%	25%	27%	24%	27%	26%	23%	*
Social obligations	25%	21%	29%	34%	27%	26%	14%	26%	21%	23%	*
Feeling alone	24%	22%	26%	27%	22%	25%	23%	26%	16%	20%	*
Pressure to create meaningful experiences	23%	19%	26%	31%	28%	20%	13%	24%	20%	25%	*
Hosting guests	16%	16%	17%	18%	22%	14%	11%	15%	27%	15%	*
Not having the same traditions as those around you	14%	10%	17%	18%	12%	16%	8%	14%	8%	14%	*
None of the above	17%	24%	11%	15%	20%	15%	19%	14%	23%	24%	*
Unweighted N	(1,135)	(530)	(605)	(267)	(229)	(364)	(275)	(705)	(160)	(188)	(82)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Missing loved ones	44%	42%	41%	48%	42%	47%	47%	43%	41%	47%	43%	42%	46%
Shopping for gifts	40%	41%	40%	39%	46%	36%	38%	48%	38%	37%	42%	40%	41%
Cooking and cleaning	31%	29%	33%	32%	34%	34%	31%	35%	34%	28%	34%	33%	28%

continued on the next page . . .

YouGov Survey: Holiday Feelings and Stressors

December 10 - 13, 2024 - 1135 U.S. adult citizens



continued from previous page

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Relationships with family or friends	31%	30%	33%	29%	32%	26%	35%	34%	22%	29%	31%	32%	29%
Lack of time to relax	28%	23%	31%	28%	25%	28%	21%	35%	32%	23%	24%	27%	35%
Putting up and taking down decorations	26%	25%	23%	29%	29%	31%	21%	31%	32%	25%	23%	29%	21%
Social obligations	25%	28%	27%	21%	32%	20%	25%	27%	25%	20%	32%	22%	29%
Feeling alone	24%	27%	27%	19%	24%	20%	30%	24%	14%	18%	25%	24%	29%
Pressure to create meaningful experiences	23%	23%	24%	21%	25%	22%	17%	28%	28%	20%	20%	25%	23%
Hosting guests	16%	17%	17%	15%	19%	14%	10%	20%	28%	15%	13%	17%	18%
Not having the same traditions as those around you	14%	11%	16%	13%	12%	12%	15%	16%	11%	11%	14%	14%	15%
None of the above	17%	15%	20%	17%	13%	17%	20%	12%	13%	14%	17%	20%	15%
Unweighted N	(1,135)	(402)	(382)	(351)	(455)	(435)	(450)	(337)	(238)	(204)	(229)	(425)	(277)

YouGov Survey: Holiday Feelings and Stressors

December 10 - 13, 2024 - 1135 U.S. adult citizens



10. Overall Holiday Season Stressors

During the holiday season, do you experience stress or anxiety related to any of the following? Select all that apply.

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Spending money	50%	46%	54%	53%	45%	57%	42%	51%	50%	44%	*
Crowds and traffic	43%	38%	47%	38%	44%	49%	37%	46%	33%	37%	*
Winter weather	37%	35%	39%	37%	35%	35%	41%	39%	34%	33%	*
Shorter days and lack of sunlight	36%	32%	40%	24%	37%	40%	41%	41%	24%	30%	*
Dangerous road conditions	26%	26%	26%	22%	25%	27%	28%	30%	18%	21%	*
Materialism	25%	23%	28%	17%	25%	32%	24%	28%	16%	21%	*
Seasonal illnesses	25%	21%	30%	27%	30%	24%	20%	26%	19%	24%	*
Changes from your usual routine	23%	21%	24%	26%	23%	22%	20%	24%	18%	20%	*
Changes in eating habits	17%	13%	22%	24%	23%	15%	9%	18%	15%	18%	*
Having to work	17%	13%	21%	26%	26%	15%	4%	16%	18%	23%	*
Holiday advertising	15%	16%	15%	17%	14%	16%	14%	16%	11%	15%	*
Traveling	14%	13%	14%	17%	20%	12%	7%	14%	20%	10%	*
None of the above	17%	22%	13%	14%	19%	14%	22%	15%	26%	21%	*
Unweighted N	(1,135)	(530)	(605)	(267)	(229)	(364)	(275)	(705)	(160)	(188)	(82)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Spending money	50%	50%	49%	51%	52%	47%	49%	55%	48%	45%	48%	53%	49%
Crowds and traffic	43%	46%	43%	39%	50%	38%	43%	47%	42%	37%	39%	45%	45%
Winter weather	37%	36%	36%	39%	41%	36%	40%	36%	36%	42%	50%	31%	33%
Shorter days and lack of sunlight	36%	37%	37%	34%	49%	34%	36%	39%	37%	36%	46%	34%	31%

continued on the next page . . .

YouGov Survey: Holiday Feelings and Stressors
 December 10 - 13, 2024 - 1135 U.S. adult citizens



continued from previous page

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Dangerous road conditions	26%	24%	29%	24%	29%	24%	27%	27%	25%	27%	33%	23%	23%
Materialism	25%	25%	25%	26%	33%	26%	24%	32%	24%	27%	26%	22%	30%
Seasonal illnesses	25%	20%	30%	24%	24%	21%	24%	28%	24%	22%	26%	25%	27%
Changes from your usual routine	23%	19%	26%	23%	19%	23%	28%	21%	17%	24%	23%	23%	21%
Changes in eating habits	17%	18%	19%	16%	18%	16%	17%	20%	17%	20%	20%	17%	14%
Having to work	17%	20%	17%	14%	19%	15%	15%	19%	24%	20%	16%	16%	20%
Holiday advertising	15%	16%	16%	14%	17%	16%	15%	19%	12%	15%	16%	15%	16%
Traveling	14%	15%	12%	14%	16%	12%	13%	16%	13%	15%	13%	12%	16%
None of the above	17%	15%	21%	16%	11%	17%	20%	12%	12%	12%	18%	19%	16%
Unweighted N	(1,135)	(402)	(382)	(351)	(455)	(435)	(450)	(337)	(238)	(204)	(229)	(425)	(277)

YouGov Survey: Holiday Feelings and Stressors

December 10 - 13, 2024 - 1135 U.S. adult citizens



Interviewing Dates	December 10 - 13, 2024
Target population	U.S. Citizens, aged 18 and over.
Sampling method	Respondents were selected from YouGov's opt-in panel to be representative of adult U.S. citizens.
Weighting	The sample was weighted according to gender, age, race, education, 2024 presidential vote, 2020 election turnout and presidential vote, baseline party identification, and current voter registration status. Demographic weighting targets come from the 2019 American Community Survey. 2024 presidential vote, at time of weighting was estimated to be 48% Harris and 50% Trump. Baseline party identification is the respondent's most recent answer given around November 8, 2024, and is weighted to the estimated distribution at that time (31% Democratic, 32% Republican). The weights range from 0.052 to 5.567, with a mean of one and a standard deviation of 0.781.
Number of respondents	1135
Margin of error	± 3.7% (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	83 questions not reported.