

HOLIDAY STRESS

American Psychiatric Association

NOVEMBER 2021

Key Findings

- 1. Thinking about the upcoming holiday season, adults are most likely to be worried about gifts.** Around 2 in 5 adults are worried about affording (46%) and finding holiday gifts (40%).
- 2. Vaccinated adults are more likely than unvaccinated adults to be worried about contracting and spreading COVID-19 during the upcoming holiday season.** Forty-three percent of vaccinated adults are worried about contracting COVID-19 at a holiday party compared to 28% of unvaccinated adults.
- 3. Across different classifications of employed adults, healthcare workers are specifically stressed about the upcoming holiday season.** Around 2 in 5 healthcare workers (40%) and admin/office/manager workers (37%) are anxious about working long hours in the upcoming holiday season. Additionally, 47% of service/retail workers and 54% of healthcare workers say their stress level increases during the holiday season. A third of healthcare workers (33%) anticipate experiencing more stress during the upcoming holiday season in comparison to 2020.
- 4. Parents are particularly worried about the upcoming holiday season, but moms and dads worry about different things.** Dads are more likely than moms to be worried about contracting or spreading COVID-19 at a holiday gathering, traveling for the holidays, and affording holiday meals, while moms are more likely than dads to be worried about affording holiday gifts (61% vs. 47%). Additionally, moms are 14% more likely than dads to say the level of stress in their life increases during the holidays (53% vs. 39%).
- 5. Thinking about the upcoming holiday season, adults are most likely to feel anxious about missing family members (47%).** Adults across demographic groups differ in what they feel anxious about during the holiday season. Across age groups, younger adults are consistently more likely than older adults to say they are anxious about the upcoming holiday season, particularly about social and family dynamics. Additionally, higher-income adults are more likely than lower and moderate-income adults to be anxious about drinking too much alcohol and eating too much during the upcoming holiday season.

This poll was conducted between November 17-21, 2021 among a sample of 2,119 adults. The interviews were conducted online and the data were weighted to approximate a target sample of adults based on gender, educational attainment, age, race, and region. Results from the full survey have a margin of error of plus or minus 2 percentage points.

AGENDA

EMOTIONS DURING THE HOLIDAY SEASON

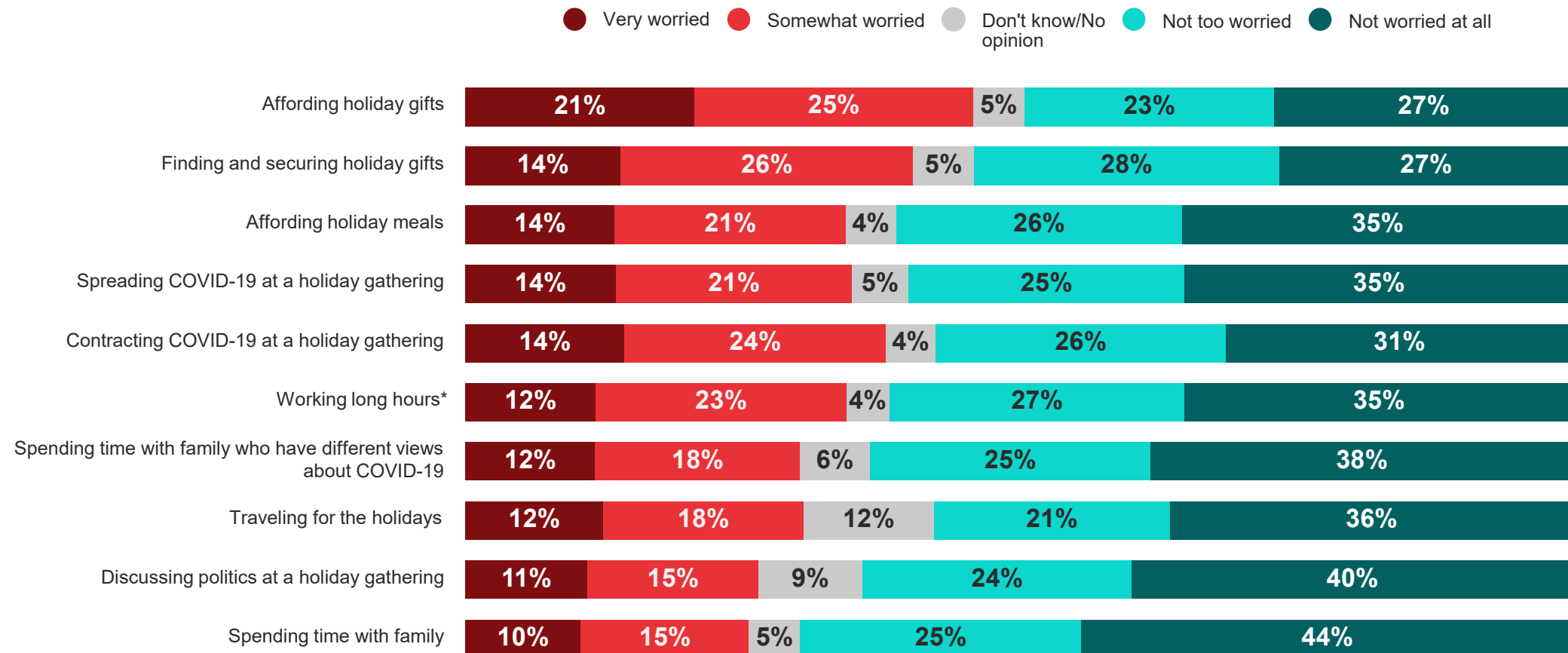
STRESS AND ANXIETY DURING THE HOLIDAY SEASON



EMOTIONS DURING THE HOLIDAY SEASON

When thinking about the upcoming holiday season, adults are most likely to be worried about affording (46%) and finding (40%) holiday gifts.

Thinking about the upcoming holiday season, how worried are you, if at all, about each of the following?



EMOTIONS DURING THE HOLIDAY SEASON

Overall, younger adults are more worried than older adults about the tested items around the holiday season, including worry about contracting and spreading COVID-19.

Thinking about the upcoming holiday season, how worried are you, if at all, about each of the following?

% Total Worried	Adults	Gender: Male	Gender: Female	Age: 18-34	Age: 35-44	Age: 45-64	Age: 65+
Contracting COVID-19 at a holiday gathering	38%	38%	38%	48%	43%	32%	28%
Spreading COVID-19 at a holiday gathering	35%	37%	33%	45%	45%	28%	24%
Traveling for the holidays	30%	34%	28%	38%	35%	27%	23%
Affording holiday gifts	46%	39%	52%	55%	53%	42%	33%
Affording holiday meals	35%	32%	36%	42%	37%	33%	23%
Finding and securing holiday gifts	40%	38%	42%	51%	46%	35%	29%
Spending time with family who have different views about COVID-19	30%	30%	30%	37%	32%	26%	25%
Discussing politics at a holiday gathering	26%	28%	25%	35%	30%	21%	21%
Spending time with family	25%	26%	25%	33%	32%	21%	18%
Working long hours*	35%	36%	32%	46%	42%	20%	19%

EMOTIONS DURING THE HOLIDAY SEASON

While men are more worried than women about traveling for the holidays (34% vs. 28%), women are more worried than men about affording holiday gifts (39% vs. 52%).

Thinking about the upcoming holiday season, how worried are you, if at all, about each of the following?

% Total Worried	Adults	Gender: Male	Gender: Female	Age: 18-34	Age: 35-44	Age: 45-64	Age: 65+
Contracting COVID-19 at a holiday gathering	38%	38%	38%	48%	43%	32%	28%
Spreading COVID-19 at a holiday gathering	35%	37%	33%	45%	45%	28%	24%
Traveling for the holidays	30%	34%	28%	38%	35%	27%	23%
Affording holiday gifts	46%	39%	52%	55%	53%	42%	33%
Affording holiday meals	35%	32%	36%	42%	37%	33%	23%
Finding and securing holiday gifts	40%	38%	42%	51%	46%	35%	29%
Spending time with family who have different views about COVID-19	30%	30%	30%	37%	32%	26%	25%
Discussing politics at a holiday gathering	26%	28%	25%	35%	30%	21%	21%
Spending time with family	25%	26%	25%	33%	32%	21%	18%
Working long hours*	35%	36%	32%	46%	42%	20%	19%

EMOTIONS DURING THE HOLIDAY SEASON

Adults with an income under \$50k are particularly worried about affording holiday gifts (51%) and holiday meals (39%).

Thinking about the upcoming holiday season, how worried are you, if at all, about each of the following?

% Total Worried	Adults	Income: Under 50k	Income: 50k-100k	Income: 100k+	Ethnicity: White	Ethnicity: Hispanic	Ethnicity: Black	Ethnicity: Other
Contracting COVID-19 at a holiday gathering	38%	37%	38%	43%	37%	52%	41%	46%
Spreading COVID-19 at a holiday gathering	35%	33%	34%	46%	33%	44%	41%	41%
Traveling for the holidays	30%	26%	34%	37%	29%	38%	35%	36%
Affording holiday gifts	46%	51%	42%	33%	46%	54%	43%	43%
Affording holiday meals	35%	39%	30%	27%	34%	40%	35%	36%
Finding and securing holiday gifts	40%	41%	41%	39%	41%	51%	39%	35%
Spending time with family who have different views about COVID-19	30%	28%	33%	33%	30%	36%	34%	27%
Discussing politics at a holiday gathering	26%	24%	29%	28%	27%	33%	23%	29%
Spending time with family	25%	26%	26%	23%	25%	32%	29%	22%
Working long hours*	35%	28%	40%	39%	36%	48%	26%	30%

EMOTIONS DURING THE HOLIDAY SEASON

Hispanic adults are more likely than adults of other racial and ethnic groups to be worried about contracting COVID-19 at a holiday gathering (52%), affording holiday gifts (54%), and securing holiday gifts (51%).

Thinking about the upcoming holiday season, how worried are you, if at all, about each of the following?

% Total Worried	Adults	Income: Under 50k	Income: 50k-100k	Income: 100k+	Ethnicity: White	Ethnicity: Hispanic	Ethnicity: Black	Ethnicity: Other
Contracting COVID-19 at a holiday gathering	38%	37%	38%	43%	37%	52%	41%	46%
Spreading COVID-19 at a holiday gathering	35%	33%	34%	46%	33%	44%	41%	41%
Traveling for the holidays	30%	26%	34%	37%	29%	38%	35%	36%
Affording holiday gifts	46%	51%	42%	33%	46%	54%	43%	43%
Affording holiday meals	35%	39%	30%	27%	34%	40%	35%	36%
Finding and securing holiday gifts	40%	41%	41%	39%	41%	51%	39%	35%
Spending time with family who have different views about COVID-19	30%	28%	33%	33%	30%	36%	34%	27%
Discussing politics at a holiday gathering	26%	24%	29%	28%	27%	33%	23%	29%
Spending time with family	25%	26%	26%	23%	25%	32%	29%	22%
Working long hours*	35%	28%	40%	39%	36%	48%	26%	30%

EMOTIONS DURING THE HOLIDAY SEASON

Parents are more likely than adults who are not parents to be worried about all of the tested items this holiday season.

Thinking about the upcoming holiday season, how worried are you, if at all, about each of the following?

<i>% Total Worried</i>	Adults	Parents	Not Parents	Moms	Dads
Contracting COVID-19 at a holiday gathering	38%	48%	34%	45%	51%
Spreading COVID-19 at a holiday gathering	35%	47%	30%	39%	56%
Traveling for the holidays	30%	40%	27%	36%	44%
Affording holiday gifts	46%	53%	43%	61%	47%
Affording holiday meals	35%	41%	32%	37%	44%
Finding and securing holiday gifts	40%	52%	36%	54%	49%
Spending time with family who have different views about COVID-19	30%	37%	28%	32%	40%
Discussing politics at a holiday gathering	26%	33%	24%	27%	38%
Spending time with family	25%	32%	23%	28%	35%
Working long hours*	35%	46%	26%	44%	47%

EMOTIONS DURING THE HOLIDAY SEASON

Dads are more likely than moms to be worried about contracting/spreading COVID-19 at a holiday gathering, traveling for the holidays, and affording holiday meals.

Thinking about the upcoming holiday season, how worried are you, if at all, about each of the following?

% Total Worried	Adults	Parents	Not Parents	Moms	Dads
Contracting COVID-19 at a holiday gathering	38%	48%	34%	45%	51%
Spreading COVID-19 at a holiday gathering	35%	47%	30%	39%	56%
Traveling for the holidays	30%	40%	27%	36%	44%
Affording holiday gifts	46%	53%	43%	61%	47%
Affording holiday meals	35%	41%	32%	37%	44%
Finding and securing holiday gifts	40%	52%	36%	54%	49%
Spending time with family who have different views about COVID-19	30%	37%	28%	32%	40%
Discussing politics at a holiday gathering	26%	33%	24%	27%	38%
Spending time with family	25%	32%	23%	28%	35%
Working long hours*	35%	46%	26%	44%	47%

EMOTIONS DURING THE HOLIDAY SEASON

On the other hand, moms are more likely than dads to be worried about affording holiday gifts (61% vs. 47%).

Thinking about the upcoming holiday season, how worried are you, if at all, about each of the following?

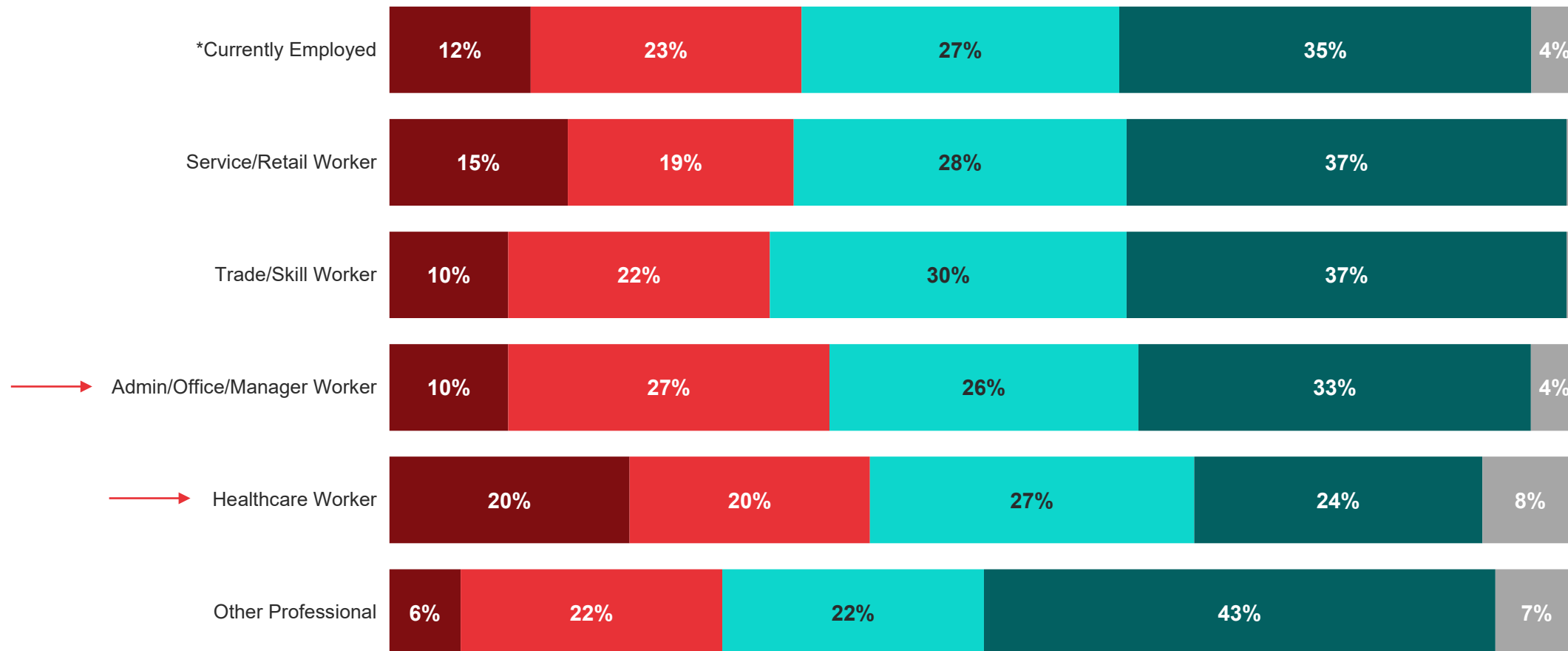
% Total Worried	Adults	Parents	Not Parents	Moms	Dads
Contracting COVID-19 at a holiday gathering	38%	48%	34%	45%	51%
Spreading COVID-19 at a holiday gathering	35%	47%	30%	39%	56%
Traveling for the holidays	30%	40%	27%	36%	44%
Affording holiday gifts	46%	53%	43%	61%	47%
Affording holiday meals	35%	41%	32%	37%	44%
Finding and securing holiday gifts	40%	52%	36%	54%	49%
Spending time with family who have different views about COVID-19	30%	37%	28%	32%	40%
Discussing politics at a holiday gathering	26%	33%	24%	27%	38%
Spending time with family	25%	32%	23%	28%	35%
Working long hours*	35%	46%	26%	44%	47%

EMOTIONS DURING THE HOLIDAY SEASON

Across different classifications of employed adults, healthcare workers (40%) and admin/office/manager workers (37%) are most likely to be worried about working long hours in the upcoming holiday season.

Thinking about the upcoming holiday season, how worried are you, if at all, about each of the following? **Working long hours**

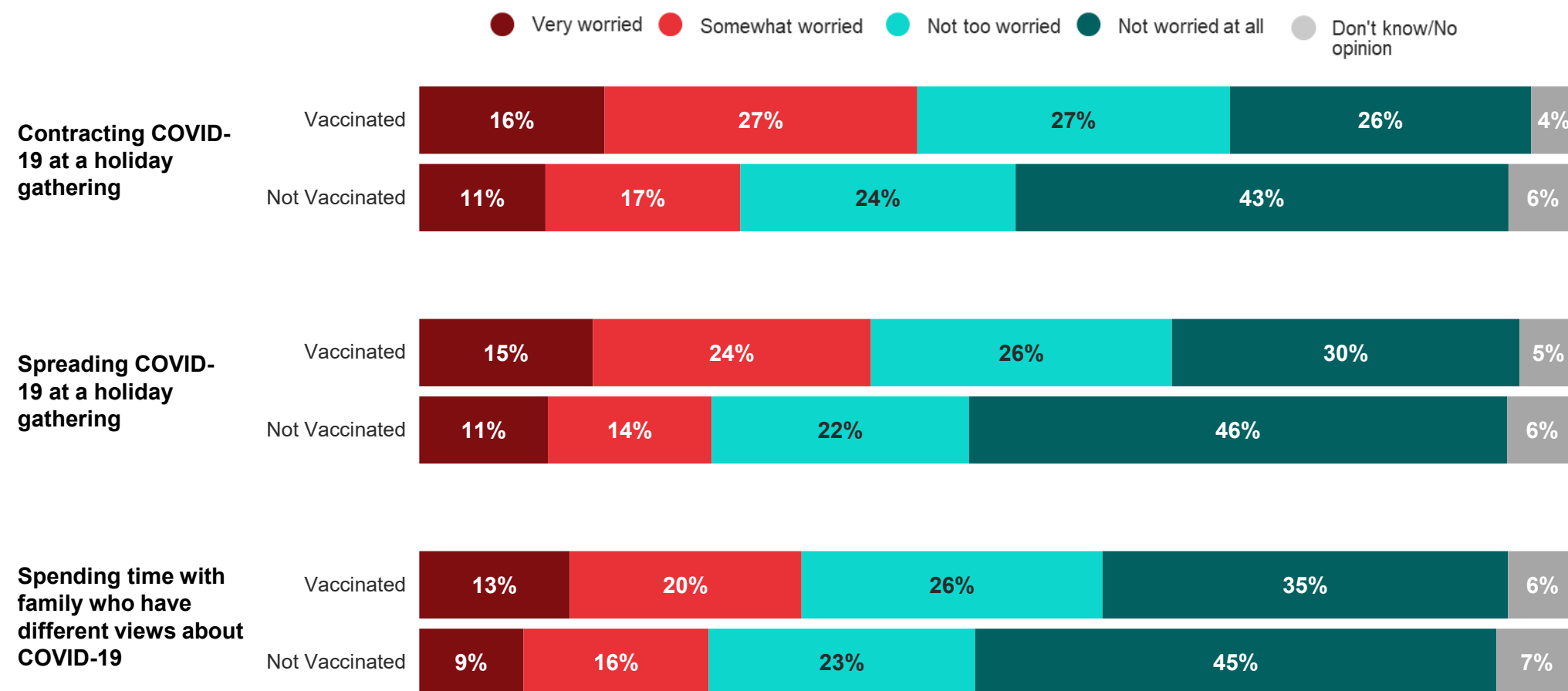
● Very worried
 ● Somewhat worried
 ● Not too worried
 ● Not worried at all
 ● Don't know/No opinion



EMOTIONS DURING THE HOLIDAY SEASON

Vaccinated adults are more likely than unvaccinated adults to be worried about contracting and spreading COVID-19 at a holiday gathering and spending time with family who have different views about COVID-19.

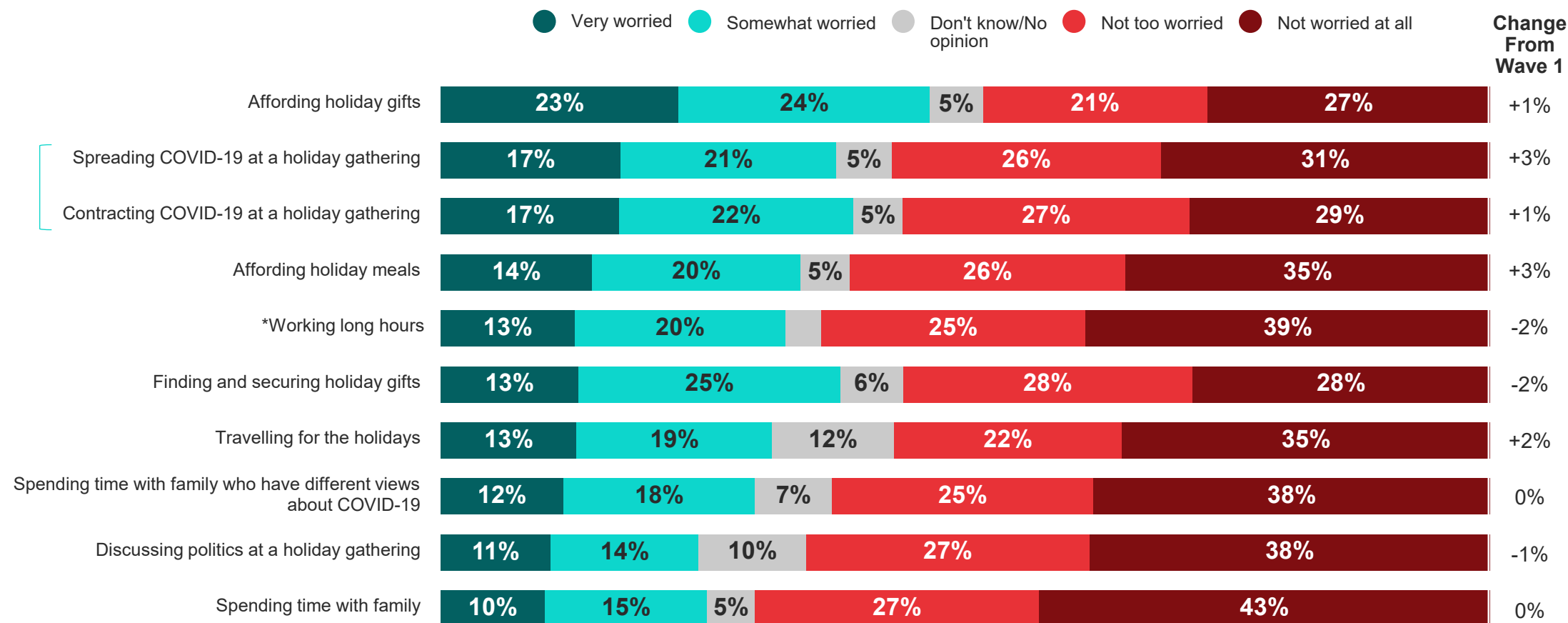
Thinking about the upcoming holiday season, how worried are you, if at all, about each of the following?



EMOTIONS DURING THE HOLIDAY SEASON

This question was re-fielded November 30-December 1 to measure the impact the Omicron variant had on adults worry about spreading or contracting COVID-19 during the holidays. There was a significant increase (+3%) of adults worry of spreading COVID-19 (38%), while worry of contracting COVID-19 remained the same (39%).

**Thinking about the upcoming holiday season, how worried are you, if at all, about each of the following?



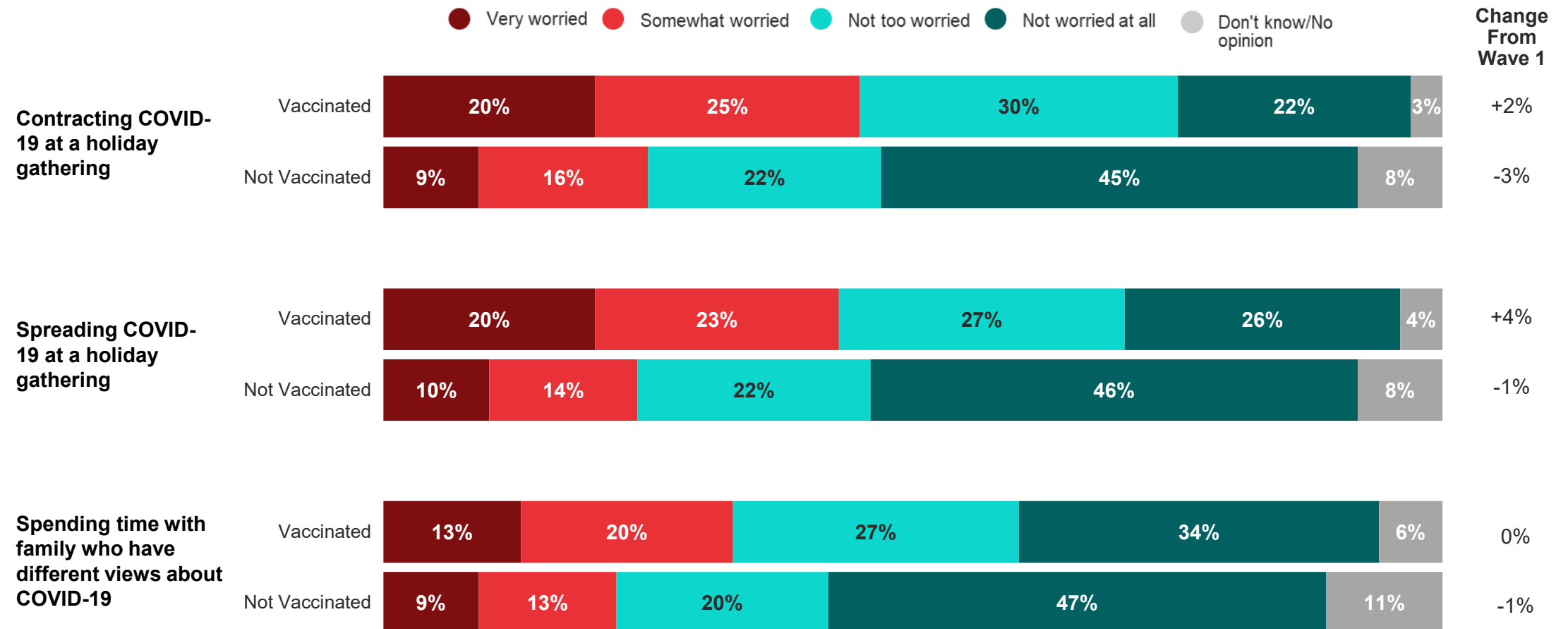
*Asked among employed adults, n=978

**This question was re-fielded November 30- December 1, 2021 among a national sample of 2,199 adults to measure the impact the Omicron variant had on adults worry about contracting and spreading COVID-19 at a holiday gathering. Results from the full survey have a margin of error is +/-2%.

EMOTIONS DURING THE HOLIDAY SEASON

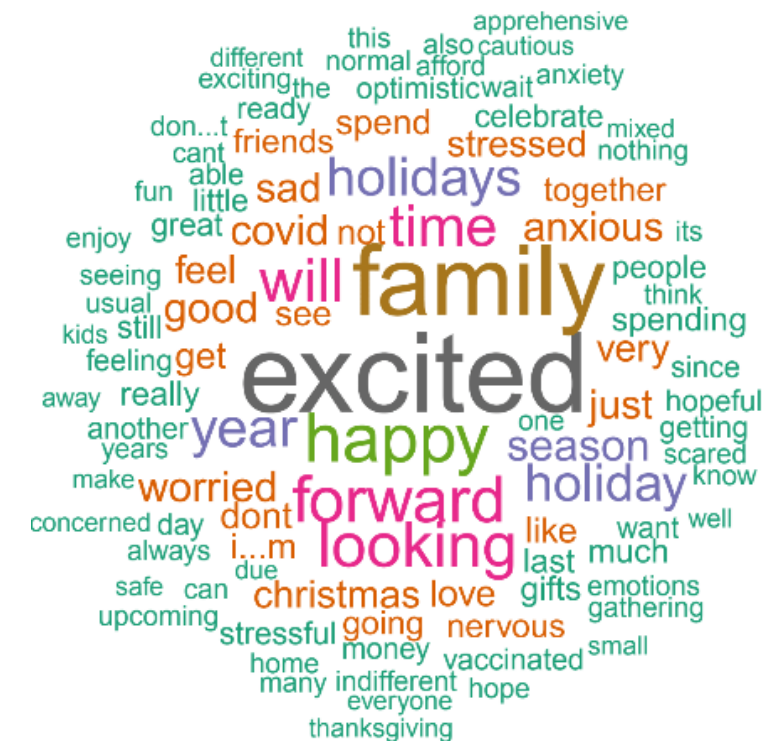
Analyzing the changes across vaccination status, there was a 4% increase in worry among vaccinated adults about spreading COVID-19 at a holiday gathering.

*Thinking about the upcoming holiday season, how worried are you, if at all, about each of the following?



*This question was re-fielded November 30- December 1, 2021 among a national sample of 2,199 adults to measure the impact the Omicron variant had on adults worry about contracting and spreading COVID-19 at a holiday gathering. Results from the full survey have a margin of error is +/-2%.

In a word or two, how would you describe your emotions towards the upcoming holiday season? **[OPEN-END]**





AGENDA

EMOTIONS DURING THE HOLIDAY SEASON

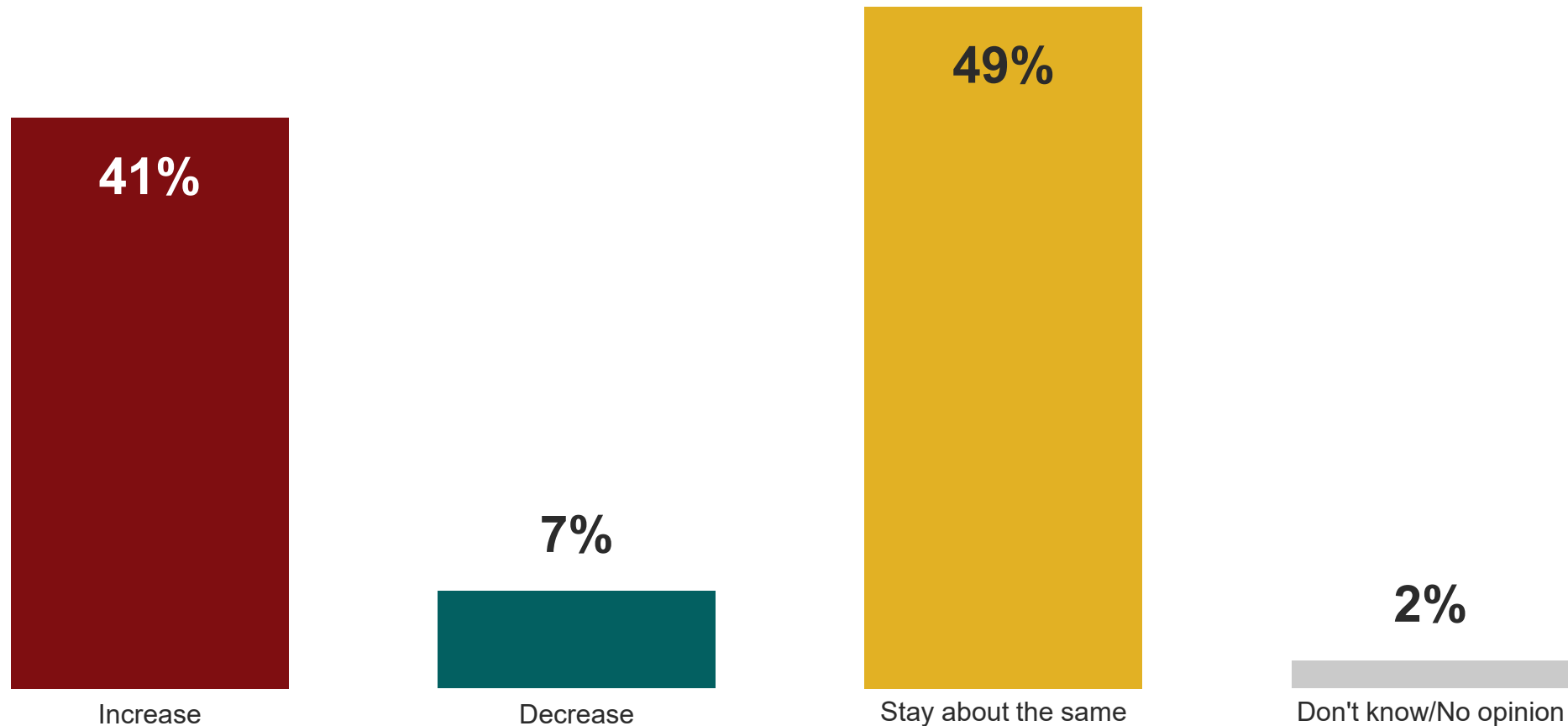
STRESS AND ANXIETY DURING THE HOLIDAY SEASON



STRESS AND ANXIETY DURING THE HOLIDAY SEASON

During the holiday season, adults are five times more likely to say the level of stress in their life increases rather than decreases (41% vs. 7%). Half say their level of stress stays about the same during the holiday season.

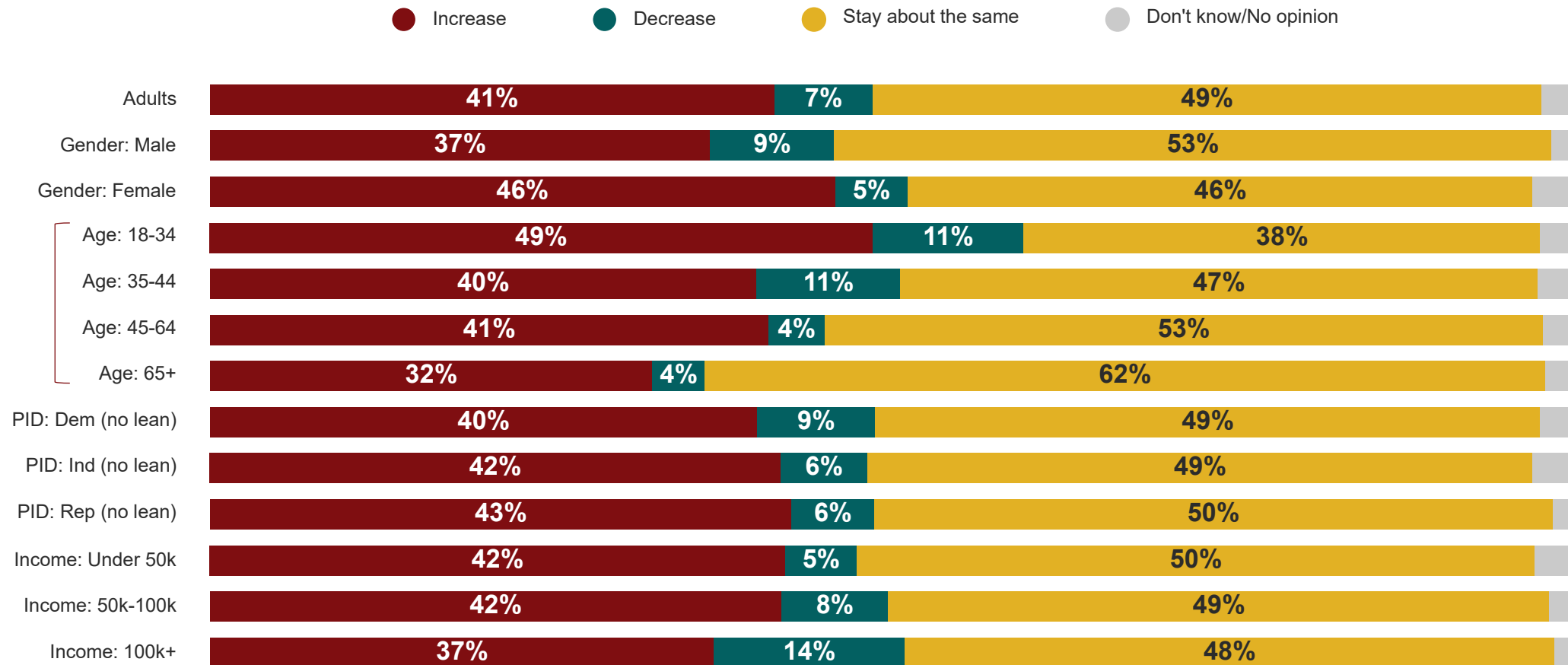
In general, during the holidays does the level of stress in your life increase, decrease, or stay about the same?



STRESS AND ANXIETY DURING THE HOLIDAY SEASON

Younger adults are more likely than older adults to say their stress level increases during the holiday season.

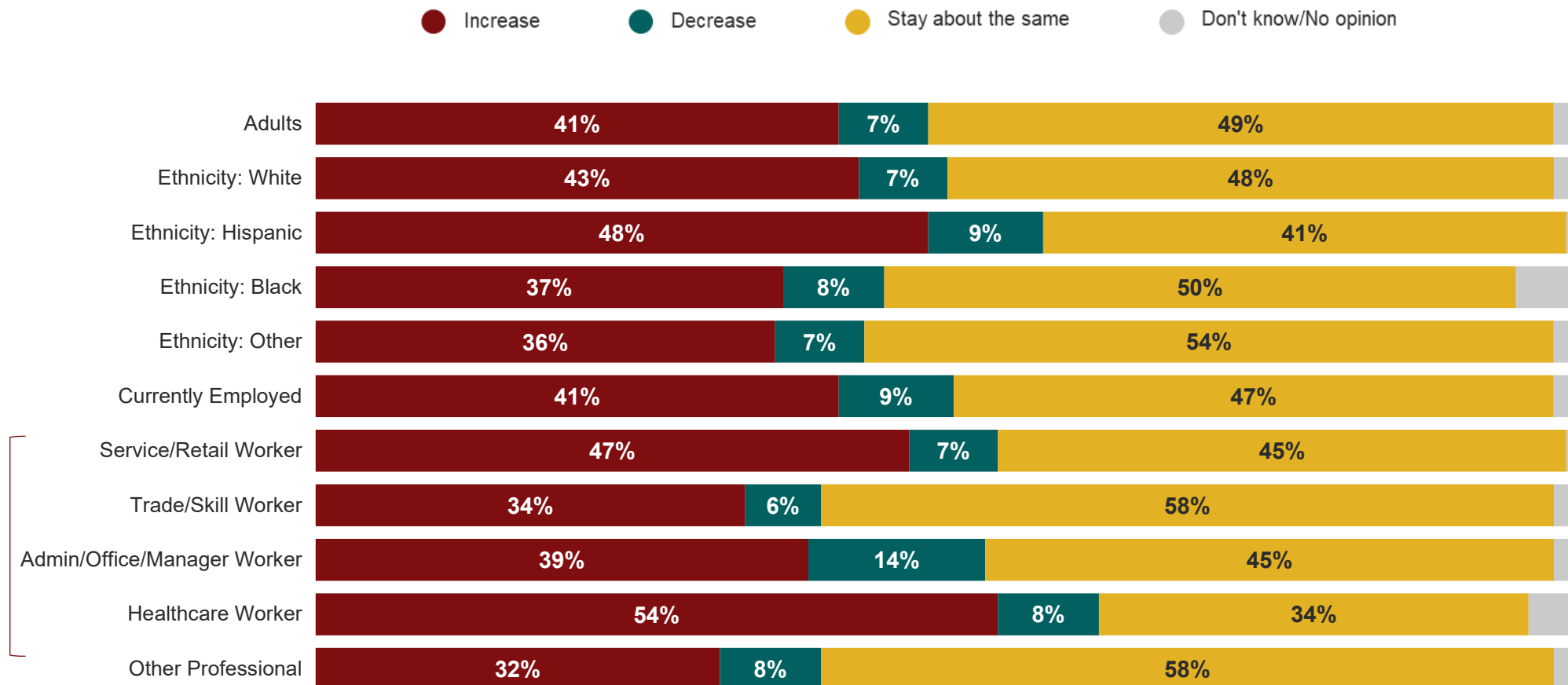
In general, during the holidays does the level of stress in your life increase, decrease, or stay about the same?



STRESS AND ANXIETY DURING THE HOLIDAY SEASON

Across job classifications, 47% of service/retail workers and 54% of healthcare workers say their stress level increases during the holiday season.

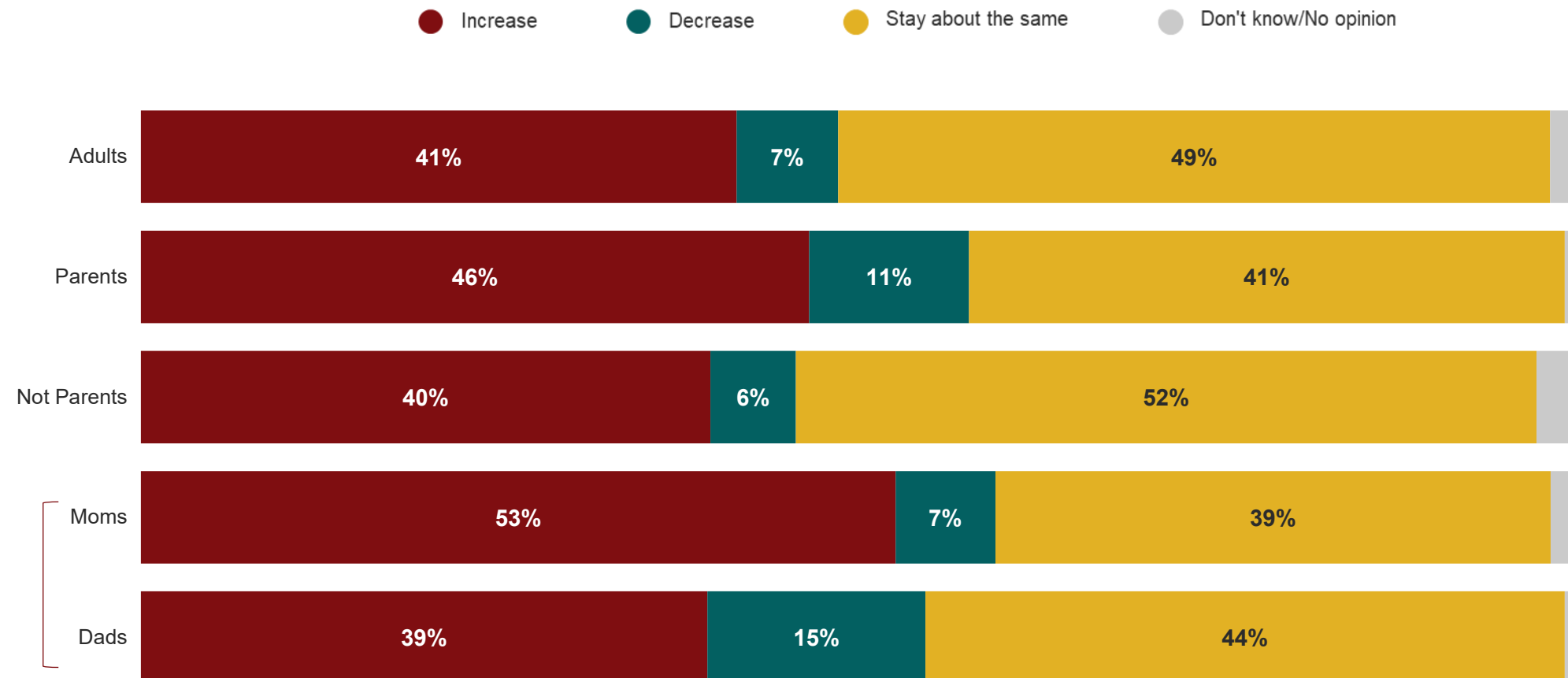
In general, during the holidays does the level of stress in your life increase, decrease, or stay about the same?



STRESS AND ANXIETY DURING THE HOLIDAY SEASON

Moms are 14% more likely than dads to say the level of stress in their life increases during the holidays (53% vs. 39%).

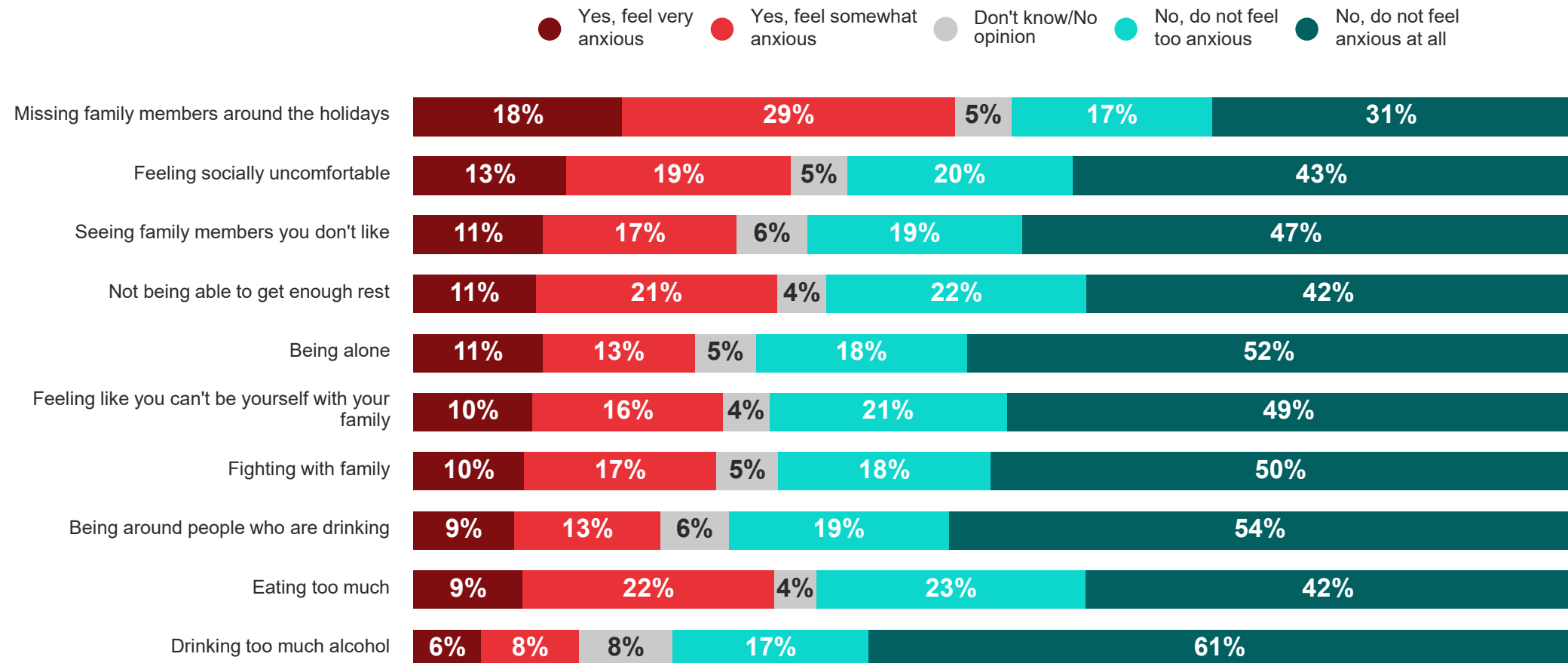
In general, during the holidays does the level of stress in your life increase, decrease, or stay about the same?



STRESS AND ANXIETY DURING THE HOLIDAY SEASON

Thinking about the upcoming holiday season, adults are most likely to feel anxious about missing family members (47%).

Thinking about the upcoming holiday season, do you feel anxious about the following?



STRESS AND ANXIETY DURING THE HOLIDAY SEASON

Men are more likely than women to feel anxious about drinking too much alcohol (20% vs. 9%) and being around people who are drinking (25% vs. 18%) during the upcoming holiday season.

Thinking about the upcoming holiday season, do you feel anxious about the following?

% Total Anxious	Adults	Gender: Male	Gender: Female	Age: 18-34	Age: 35-44	Age: 45-64	Age: 65+
Drinking too much alcohol	14%	20%	9%	22%	23%	10%	3%
Eating too much	31%	32%	31%	34%	33%	31%	23%
Being around people who are drinking	22%	25%	18%	30%	23%	17%	14%
Being alone	24%	27%	22%	31%	31%	21%	14%
Feeling socially uncomfortable	32%	31%	34%	45%	34%	30%	17%
Not being able to get enough rest	32%	29%	33%	42%	38%	28%	17%
Fighting with family	27%	25%	27%	40%	34%	20%	9%
Seeing family members you don't like	28%	28%	28%	40%	32%	25%	12%
Feeling like you can't be yourself with your family	26%	25%	28%	35%	33%	24%	14%
Missing family members around the holidays	47%	43%	50%	49%	47%	47%	43%

STRESS AND ANXIETY DURING THE HOLIDAY SEASON

Across age groups, younger adults are consistently more likely than older adults to say they are anxious about the upcoming holiday season, particularly about social and family dynamics.

Thinking about the upcoming holiday season, do you feel anxious about the following?

% Total Anxious	Adults	Gender: Male	Gender: Female	Age: 18-34	Age: 35-44	Age: 45-64	Age: 65+
Drinking too much alcohol	14%	20%	9%	22%	23%	10%	3%
Eating too much	31%	32%	31%	34%	33%	31%	23%
Being around people who are drinking	22%	25%	18%	30%	23%	17%	14%
Being alone	24%	27%	22%	31%	31%	21%	14%
Feeling socially uncomfortable	32%	31%	34%	45%	34%	30%	17%
Not being able to get enough rest	32%	29%	33%	42%	38%	28%	17%
Fighting with family	27%	25%	27%	40%	34%	20%	9%
Seeing family members you don't like	28%	28%	28%	40%	32%	25%	12%
Feeling like you can't be yourself with your family	26%	25%	28%	35%	33%	24%	14%
Missing family members around the holidays	47%	43%	50%	49%	47%	47%	43%

STRESS AND ANXIETY DURING THE HOLIDAY SEASON

Higher income adults are more likely than lower and moderate-income adults to be anxious about drinking too much alcohol and eating too much during the upcoming holiday season.

Thinking about the upcoming holiday season, do you feel anxious about the following?

% Total Anxious	Adults	Income: Under 50k	Income: 50k- 100k	Income: 100k+	Ethnicity: White	Ethnicity: Hispanic	Ethnicity: Black	Ethnicity: Other
Drinking too much alcohol	14%	11%	16%	23%	14%	18%	15%	13%
Eating too much	31%	28%	37%	35%	33%	35%	22%	28%
Being around people who are drinking	22%	20%	22%	25%	20%	30%	25%	25%
Being alone	24%	27%	21%	22%	25%	33%	22%	22%
Feeling socially uncomfortable	32%	33%	32%	30%	33%	41%	26%	36%
Not being able to get enough rest	32%	30%	33%	34%	32%	38%	25%	33%
Fighting with family	27%	26%	26%	27%	27%	35%	19%	30%
Seeing family members you don't like	28%	26%	29%	31%	28%	34%	26%	34%
Feeling like you can't be yourself with your family	26%	26%	28%	27%	28%	30%	23%	28%
Missing family members around the holidays	47%	48%	47%	43%	48%	48%	41%	38%

STRESS AND ANXIETY DURING THE HOLIDAY SEASON

Hispanic adults are more likely than adults of other racial and ethnic groups to be anxious about feeling socially uncomfortable during the upcoming holiday season.

Thinking about the upcoming holiday season, do you feel anxious about the following?

% Total Anxious	Adults	Income: Under 50k	Income: 50k-100k	Income: 100k+	Ethnicity: White	Ethnicity: Hispanic	Ethnicity: Black	Ethnicity: Other
Drinking too much alcohol	14%	11%	16%	23%	14%	18%	15%	13%
Eating too much	31%	28%	37%	35%	33%	35%	22%	28%
Being around people who are drinking	22%	20%	22%	25%	20%	30%	25%	25%
Being alone	24%	27%	21%	22%	25%	33%	22%	22%
Feeling socially uncomfortable	32%	33%	32%	30%	33%	41%	26%	36%
Not being able to get enough rest	32%	30%	33%	34%	32%	38%	25%	33%
Fighting with family	27%	26%	26%	27%	27%	35%	19%	30%
Seeing family members you don't like	28%	26%	29%	31%	28%	34%	26%	34%
Feeling like you can't be yourself with your family	26%	26%	28%	27%	28%	30%	23%	28%
Missing family members around the holidays	47%	48%	47%	43%	48%	48%	41%	38%

STRESS AND ANXIETY DURING THE HOLIDAY SEASON

Across the tested items, parents are more likely than adults who are not parents to be anxious about the upcoming holiday season.

Thinking about the upcoming holiday season, do you feel anxious about the following?

<i>% Total Anxious</i>	Adults	Parents	Not Parents	Moms	Dads
Drinking too much alcohol	14%	26%	10%	14%	39%
Eating too much	31%	38%	28%	34%	42%
Being around people who are drinking	22%	30%	17%	23%	38%
Being alone	24%	31%	21%	25%	38%
Feeling socially uncomfortable	32%	42%	29%	39%	44%
Not being able to get enough rest	32%	44%	27%	44%	42%
Fighting with family	27%	36%	22%	38%	35%
Seeing family members you don't like	28%	37%	25%	33%	41%
Feeling like you can't be yourself with your family	26%	35%	24%	33%	36%
Missing family members around the holidays	47%	54%	44%	53%	54%

STRESS AND ANXIETY DURING THE HOLIDAY SEASON

Dads are more likely than moms to be anxious about drinking too much alcohol, eating too much, being around people who are drinking, being alone, and feeling socially uncomfortable during the upcoming holiday season.

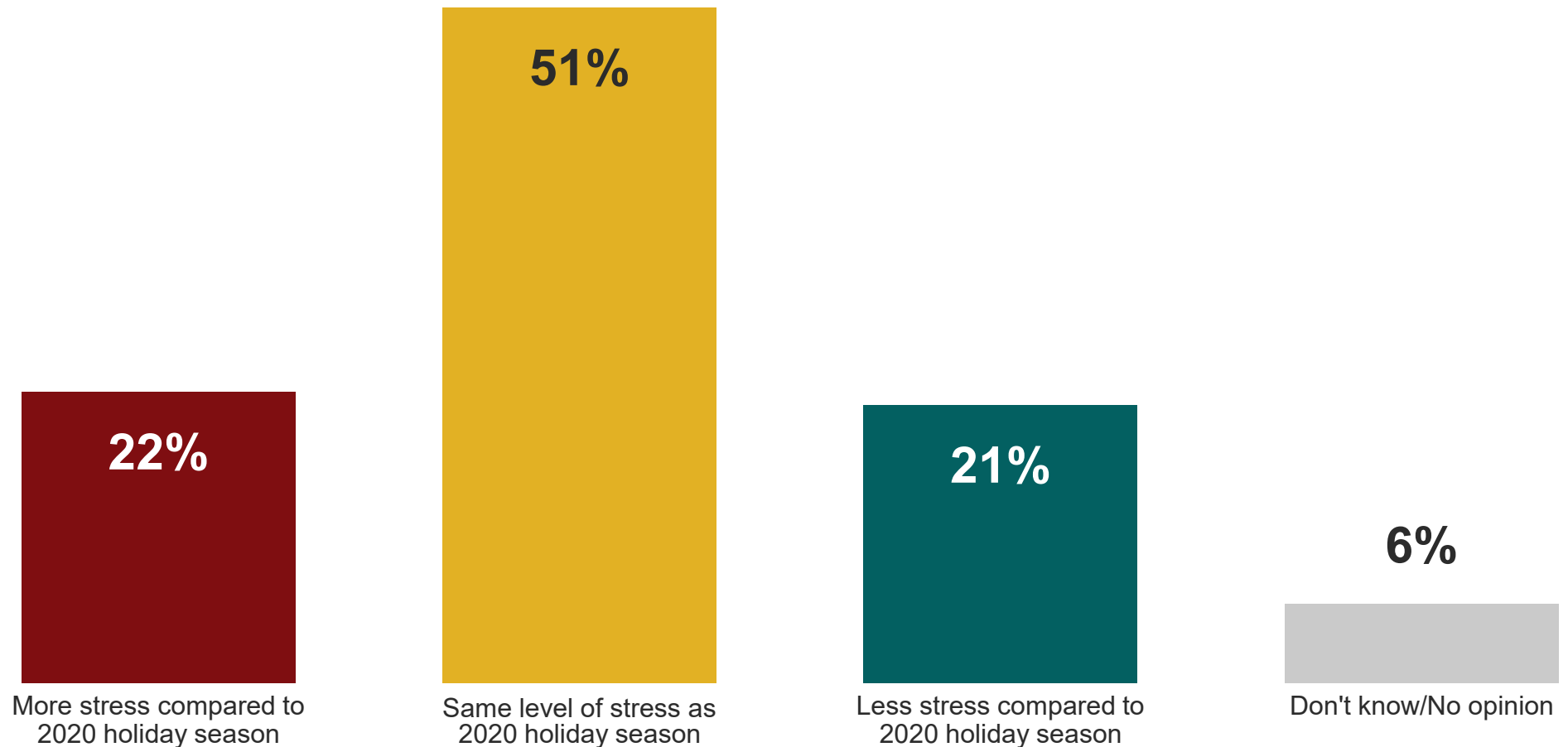
Thinking about the upcoming holiday season, do you feel anxious about the following?

<i>% Total Anxious</i>	Adults	Parents	Not Parents	Moms	Dads
Drinking too much alcohol	14%	26%	10%	14%	39%
Eating too much	31%	38%	28%	34%	42%
Being around people who are drinking	22%	30%	17%	23%	38%
Being alone	24%	31%	21%	25%	38%
Feeling socially uncomfortable	32%	42%	29%	39%	44%
Not being able to get enough rest	32%	44%	27%	44%	42%
Fighting with family	27%	36%	22%	38%	35%
Seeing family members you don't like	28%	37%	25%	33%	41%
Feeling like you can't be yourself with your family	26%	35%	24%	33%	36%
Missing family members around the holidays	47%	54%	44%	53%	54%

STRESS AND ANXIETY DURING THE HOLIDAY SEASON

Adults are divided on if they anticipate experiencing more (22%) or less (21%) stress this year compared to the 2020 holiday season. Half of adults say they will experience the same level of stress compared to 2020.

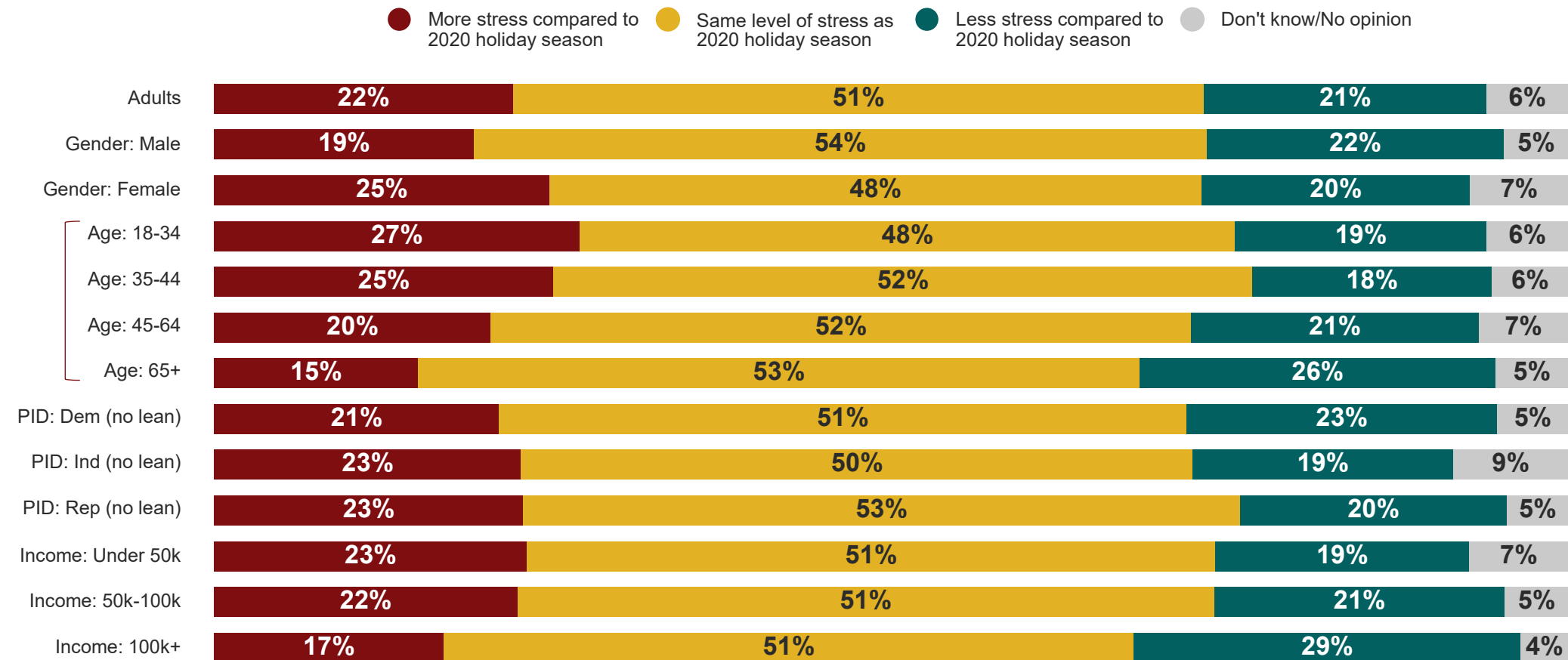
In comparison to the 2020 holiday season, do you anticipate experiencing more, less, or the same amount of stress during the upcoming 2021 holiday season?



STRESS AND ANXIETY DURING THE HOLIDAY SEASON

Younger adults are more likely than older adults to say they anticipate feeling more stress this holiday season compared to 2020.

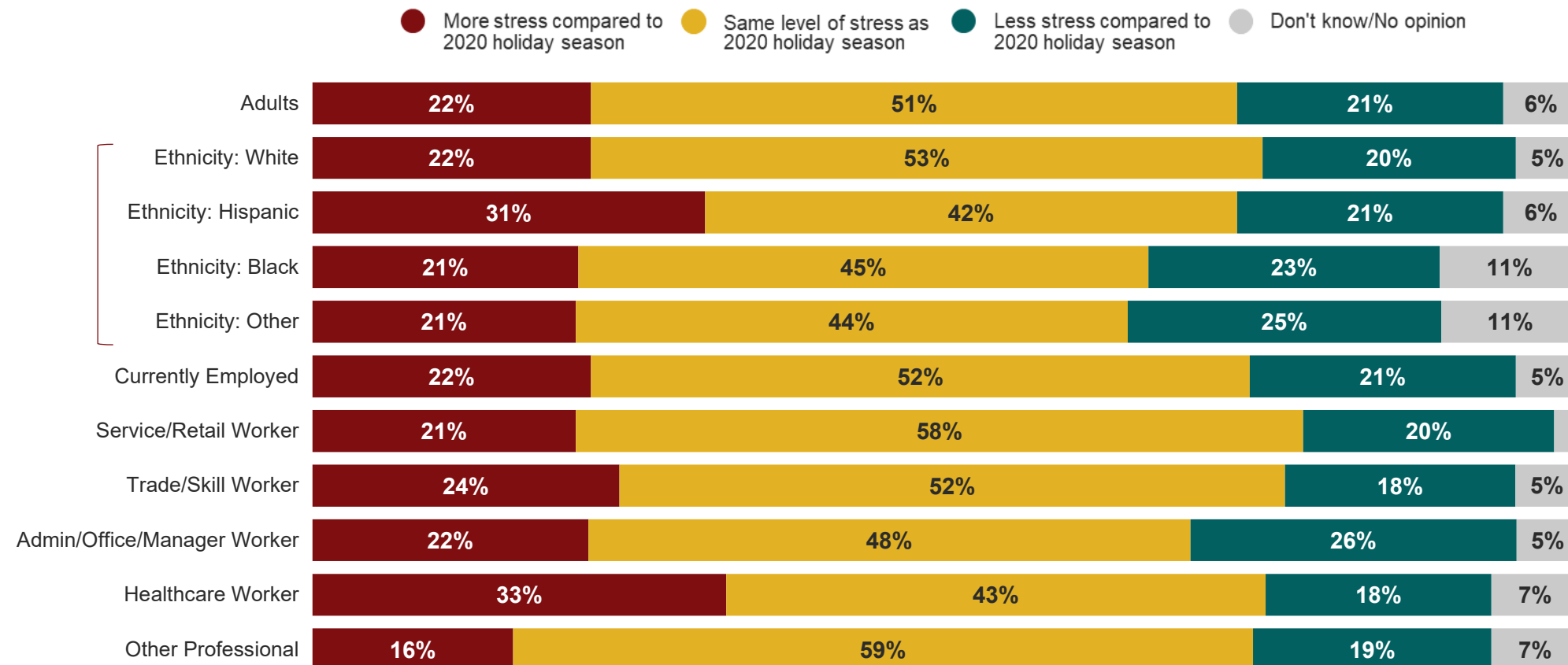
In comparison to the 2020 holiday season, do you anticipate experiencing more, less, or the same amount of stress during the upcoming 2021 holiday season?



STRESS AND ANXIETY DURING THE HOLIDAY SEASON

Hispanic adults are more likely than adults of other racial and ethnic groups to say they anticipate feeling more stress this holiday season compared to 2020.

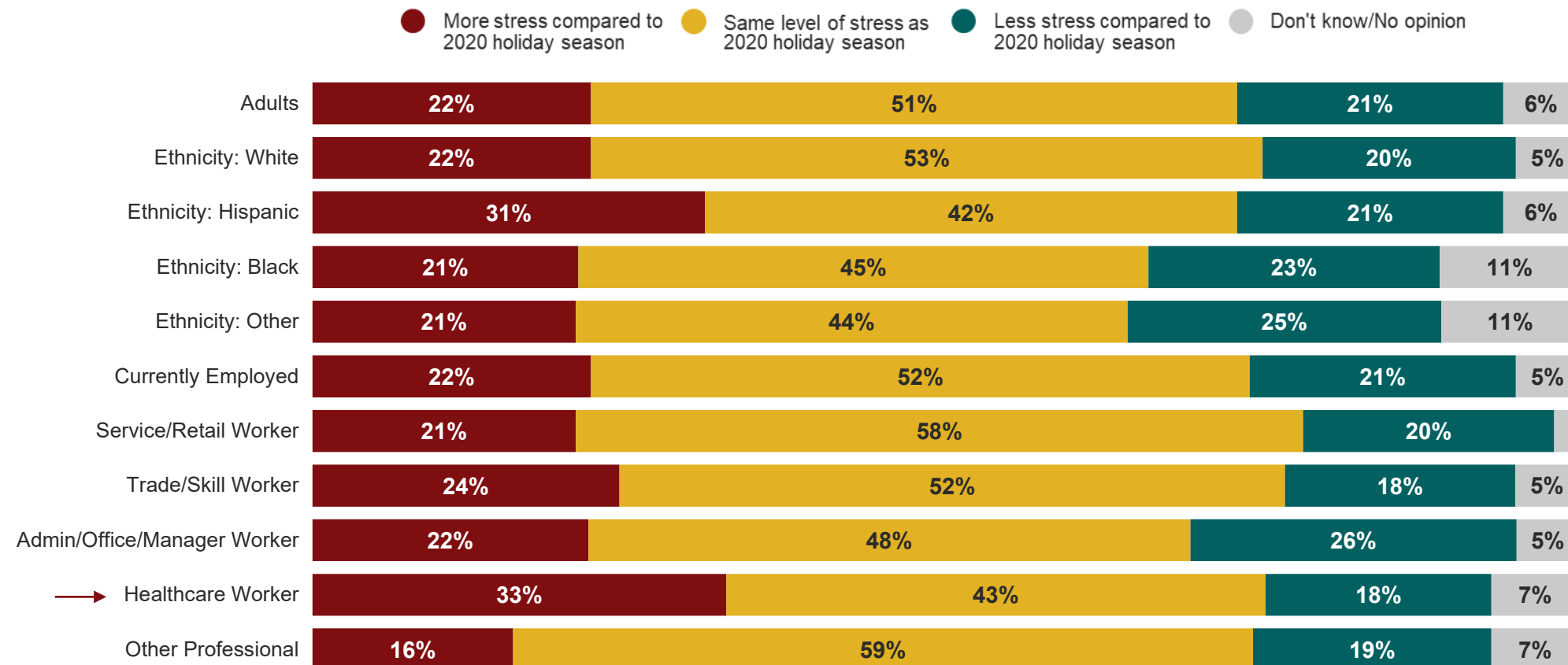
In comparison to the 2020 holiday season, do you anticipate experiencing more, less, or the same amount of stress during the upcoming 2021 holiday season?



STRESS AND ANXIETY DURING THE HOLIDAY SEASON

Across job classifications, a third of healthcare workers (33%) anticipate experiencing more stress during the upcoming holiday season compared to 2020.

In comparison to the 2020 holiday season, do you anticipate experiencing more, less, or the same amount of stress during the upcoming 2021 holiday season?



STRESS AND ANXIETY DURING THE HOLIDAY SEASON

Moms are more likely than dads to anticipate experiencing more stress during the upcoming 2021 holiday (31% vs. 25%) in comparison to 2020.

In comparison to the 2020 holiday season, do you anticipate experiencing more, less, or the same amount of stress during the upcoming 2021 holiday season?

