

YouGov Survey Results

Sample Size: 1684 adults in GB
Fieldwork: 3rd - 5th December 2021

	Vote in 2019 GE			EU Ref 2016		Gender		Age				Social Grade		Region						
	Total	Con	Lab	Lib Dem	Remain	Leave	Male	Female	18-24	25-49	50-64	65+	ABC1	C2DE	London	Rest of South	Midlands / Wales	North	Scotland	
Weighted Sample	1684	571	418	152	625	667	818	866	184	702	406	392	960	724	202	566	365	406	145	
Unweighted Sample	1684	583	397	153	692	666	734	950	103	685	433	463	1006	678	167	583	370	414	150	
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

How stressed, if at all, are you feeling about Christmas this year?

Very stressed	5	4	5	6	3	6	4	7	7	6	5	4	5	6	6	5	6	5	4
Fairly stressed	21	19	24	24	24	18	16	26	19	24	18	18	22	19	18	23	20	20	20
TOTAL STRESSED	26	23	29	30	27	24	20	33	26	30	23	22	27	25	24	28	26	25	24
Not very stressed	38	41	40	43	43	38	37	39	28	38	43	39	39	37	38	39	35	40	39
Not at all stressed	28	33	27	19	25	34	33	23	27	23	31	34	27	28	24	28	28	29	30
TOTAL NOT STRESSED	66	74	67	62	68	72	70	62	55	61	74	73	66	65	62	67	63	69	69
Don't know	3	1	2	2	1	0	4	2	15	3	1	0	3	3	6	2	4	2	1
N/A - I do not celebrate Christmas	5	2	3	6	3	4	6	3	4	6	3	4	4	6	7	3	7	4	5

Thinking about the Christmas period, including the time leading up to and immediately after Christmas Day, please say how stressful, if at all, you find each of the following:

[Excluding those who do not celebrate Christmas; n=1605]

Thinking about what Christmas presents to buy

Very stressful	13	11	17	10	12	13	10	16	19	14	10	13	14	12	11	12	15	14	11
Fairly stressful	33	29	36	38	39	30	28	37	26	37	31	31	34	32	29	37	30	29	39
TOTAL STRESSFUL	46	40	53	48	51	43	38	53	45	51	41	44	48	44	40	49	45	43	50
Not very stressful	29	33	28	34	28	31	32	26	22	28	34	27	29	28	33	26	29	31	24
Not at all stressful	16	20	14	12	16	18	18	14	9	14	20	18	16	16	14	15	17	17	18
TOTAL NOT STRESSFUL	45	53	42	46	44	49	50	40	31	42	54	45	45	44	47	41	46	48	42
N/A - I do not do this at Christmas	7	6	4	5	4	6	9	4	16	4	5	9	5	8	9	8	4	6	7
Don't know	3	1	2	1	1	2	3	3	10	3	0	1	2	4	4	2	4	3	1

Having to shop for Christmas presents

Very stressful	13	11	15	7	12	12	11	14	17	14	10	12	13	13	11	11	16	15	11
Fairly stressful	31	29	33	40	35	30	27	34	22	35	30	28	32	30	33	35	31	25	29
TOTAL STRESSFUL	44	40	48	47	47	42	38	48	39	49	40	40	45	43	44	46	47	40	40
Not very stressful	30	34	31	33	30	31	33	28	34	28	33	29	31	29	27	30	24	35	37
Not at all stressful	17	19	14	16	17	19	17	17	6	15	22	20	17	16	17	15	20	15	20
TOTAL NOT STRESSFUL	47	53	45	49	47	50	50	45	40	43	55	49	48	45	44	45	44	50	57
N/A - I do not do this at Christmas	6	7	5	4	4	7	8	5	7	4	5	10	6	7	5	8	5	7	2
Don't know	3	1	2	1	1	1	4	2	13	3	1	1	2	4	7	1	4	3	1

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	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
How much it costs to buy Christmas presents																			
Very stressful	16	11	17	11	13	15	13	18	23	21	11	10	14	18	14	15	19	16	16
Fairly stressful	29	27	34	40	32	28	24	34	29	33	28	23	31	27	31	31	25	29	31
TOTAL STRESSFUL	45	38	51	51	45	43	37	52	52	54	39	33	45	45	45	46	44	45	47
Not very stressful	27	30	26	28	29	28	30	24	17	26	29	29	28	24	24	29	26	26	22
Not at all stressful	19	25	16	16	20	22	22	16	4	13	26	29	19	18	19	17	20	20	22
TOTAL NOT STRESSFUL	46	55	42	44	49	50	52	40	21	39	55	58	47	42	43	46	46	46	44
N/A - I do not do this at Christmas	6	5	4	4	4	6	8	5	16	4	5	8	5	8	9	7	4	6	8
Don't know	3	1	3	1	2	1	3	4	11	3	2	1	2	4	4	1	6	3	1
Wrapping Christmas presents																			
Very stressful	5	4	5	2	4	6	5	5	7	4	4	7	5	6	3	4	5	7	4
Fairly stressful	17	17	19	19	21	16	15	19	10	18	16	19	18	15	13	17	19	16	19
TOTAL STRESSFUL	22	21	24	21	25	22	20	24	17	22	20	26	23	21	16	21	24	23	23
Not very stressful	33	33	36	34	34	34	33	33	39	33	31	32	34	33	31	37	30	30	37
Not at all stressful	33	35	31	39	35	33	32	34	19	36	40	28	35	31	37	30	37	35	30
TOTAL NOT STRESSFUL	66	68	67	73	69	67	65	67	58	69	71	60	69	64	68	67	67	65	67
N/A - I do not do this at Christmas	9	10	6	5	5	10	13	6	16	5	9	13	7	11	11	10	6	8	10
Don't know	3	1	2	1	2	1	3	3	9	4	0	1	2	4	5	1	4	4	1
Hosting family members at your home																			
Very stressful	6	4	9	4	7	7	6	7	7	6	9	4	7	5	8	6	3	10	5
Fairly stressful	18	20	21	24	21	19	16	21	13	20	17	20	20	17	17	22	16	16	19
TOTAL STRESSFUL	24	24	30	28	28	26	22	28	20	26	26	24	27	22	25	28	19	26	24
Not very stressful	24	26	23	30	26	23	26	22	21	23	26	24	26	21	19	24	27	22	28
Not at all stressful	19	23	15	12	18	19	21	17	14	15	23	22	19	18	13	16	20	22	25
TOTAL NOT STRESSFUL	43	49	38	42	44	42	47	39	35	38	49	46	45	39	32	40	47	44	53
N/A - I do not do this at Christmas	30	26	31	27	26	30	29	30	35	32	24	28	26	35	39	30	30	26	21
Don't know	3	2	2	2	2	2	3	3	10	4	1	1	2	4	5	2	4	4	2
The financial impact of Christmas in general																			
Very stressful	15	11	16	10	13	14	12	18	19	19	12	9	14	17	11	14	19	15	16
Fairly stressful	27	23	32	34	29	25	24	30	28	33	25	19	28	26	28	29	27	26	25
TOTAL STRESSFUL	42	34	48	44	42	39	36	48	47	52	37	28	42	43	39	43	46	41	41
Not very stressful	29	34	29	31	32	31	31	27	17	26	35	33	31	25	23	30	26	33	26
Not at all stressful	22	27	18	22	22	25	26	18	11	16	25	34	22	22	27	21	20	20	29
TOTAL NOT STRESSFUL	51	61	47	53	54	56	57	45	28	42	60	67	53	47	50	51	46	53	55
N/A - I do not do this at Christmas	4	3	2	2	2	4	4	4	9	3	2	5	3	4	3	5	3	3	3
Don't know	4	1	2	1	2	1	4	4	16	4	1	1	2	6	8	2	5	3	2

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	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	
Shopping for Christmas food																				
Very stressful	7	7	8	8	7	8	5	9	7	8	6	7	8	6	4	7	8	9	4	
Fairly stressful	22	22	26	22	23	23	18	26	20	21	23	24	23	21	24	22	22	21	26	
TOTAL STRESSFUL	29	29	34	30	30	31	23	35	27	29	29	31	31	27	28	29	30	30	30	
Not very stressful	32	33	31	37	34	32	34	30	29	33	33	32	32	32	29	33	32	32	35	
Not at all stressful	24	28	19	20	23	25	27	20	15	21	28	27	24	23	32	23	22	23	22	
TOTAL NOT STRESSFUL	56	61	50	57	57	57	61	50	44	54	61	59	56	55	61	56	54	55	57	
N/A - I do not do this at Christmas	12	9	13	13	11	12	12	12	19	13	9	10	11	14	7	14	11	12	13	
Don't know	3	1	2	1	1	1	3	3	9	4	0	1	2	4	4	2	5	3	1	
Cooking Christmas dinner																				
Very stressful	7	5	5	8	5	6	6	7	14	5	7	5	7	7	7	6	4	9	5	
Fairly stressful	18	17	24	17	21	17	14	22	13	19	17	19	21	15	20	17	19	18	19	
TOTAL STRESSFUL	25	22	29	25	26	23	20	29	27	24	24	24	28	22	27	23	23	27	24	
Not very stressful	25	27	25	27	26	26	25	25	16	26	27	25	24	25	19	27	25	24	25	
Not at all stressful	21	25	18	21	23	22	25	19	11	18	29	24	21	22	21	21	21	22	25	
TOTAL NOT STRESSFUL	46	52	43	48	49	48	50	44	27	44	56	49	45	47	40	48	46	46	50	
N/A - I do not do this at Christmas	26	24	26	25	23	27	27	24	31	28	19	26	25	27	23	27	27	24	25	
Don't know	3	2	2	1	1	2	4	3	14	4	1	1	2	5	9	2	4	3	1	
Putting up Christmas decorations																				
Very stressful	5	5	4	1	2	6	5	5	11	4	3	5	4	5	5	4	3	7	4	
Fairly stressful	16	16	19	19	19	16	13	18	8	15	17	20	17	15	9	18	16	17	14	
TOTAL STRESSFUL	21	21	23	20	21	22	18	23	19	19	20	25	21	20	14	22	19	24	18	
Not very stressful	30	30	31	37	34	30	29	31	24	32	32	29	32	28	29	31	31	29	33	
Not at all stressful	33	35	34	31	36	32	31	34	22	36	36	28	33	32	38	31	31	33	34	
TOTAL NOT STRESSFUL	63	65	65	68	70	62	60	65	46	68	68	57	65	60	67	62	62	62	67	
N/A - I do not do this at Christmas	13	13	10	9	7	15	17	9	20	10	11	16	12	14	11	15	14	10	14	
Don't know	4	1	2	2	2	1	4	3	15	3	1	1	2	6	8	2	5	4	1	
Travelling to see friends and/or family																				
Very stressful	5	5	7	1	5	5	5	6	10	5	5	4	6	5	4	5	5	8	3	
Fairly stressful	16	12	21	26	21	13	13	18	8	18	15	14	18	12	24	17	10	14	15	
TOTAL STRESSFUL	21	17	28	27	26	18	18	24	18	23	20	18	24	17	28	22	15	22	18	
Not very stressful	28	29	29	28	30	28	31	25	26	31	26	26	30	26	28	29	29	27	28	
Not at all stressful	25	28	19	27	23	27	27	23	19	25	28	26	25	25	21	22	28	27	28	
TOTAL NOT STRESSFUL	53	57	48	55	53	55	58	48	45	56	54	52	55	51	49	51	57	54	56	
N/A - I do not do this at Christmas	22	24	21	16	19	25	19	25	25	16	24	29	19	25	14	25	23	21	23	
Don't know	4	2	3	1	2	2	4	3	12	4	1	2	2	6	10	2	5	4	2	

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	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Having to see certain family members																			
Very stressful	8	6	10	7	8	8	8	8	13	9	9	4	8	8	7	9	5	10	6
Fairly stressful	16	14	21	21	21	13	15	18	11	19	15	15	18	14	19	17	14	17	13
TOTAL STRESSFUL	24	20	31	28	29	21	23	26	24	28	24	19	26	22	26	16	19	27	19
Not very stressful	28	29	26	35	28	28	30	25	32	29	28	22	30	25	22	30	26	26	36
Not at all stressful	32	38	31	26	33	35	34	30	16	28	36	42	32	32	30	29	35	33	35
TOTAL NOT STRESSFUL	60	67	57	61	61	63	64	55	48	57	64	64	62	57	52	59	61	59	71
N/A - I do not do this at Christmas	12	12	8	9	8	14	9	14	13	10	11	14	10	14	13	13	14	9	7
Don't know	4	1	3	3	2	2	4	4	15	4	1	2	2	6	9	2	5	4	3
Taking down Christmas decorations																			
Very stressful	5	5	3	2	2	6	5	5	12	4	3	4	5	5	7	3	6	6	4
Fairly stressful	14	12	18	21	18	12	11	17	13	16	14	13	17	11	8	15	14	15	20
TOTAL STRESSFUL	19	17	21	23	20	18	16	22	25	20	17	17	22	16	15	18	20	21	24
Not very stressful	32	33	35	39	33	32	32	32	28	33	32	33	33	32	27	34	29	37	29
Not at all stressful	33	37	32	28	36	34	32	34	18	33	40	34	32	34	38	32	36	29	35
TOTAL NOT STRESSFUL	65	70	67	67	69	66	64	66	46	66	72	67	65	66	65	66	65	66	64
N/A - I do not do this at Christmas	12	12	10	10	8	14	15	9	16	10	10	15	11	13	11	14	11	10	9
Don't know	3	1	2	1	1	2	4	3	13	4	1	1	2	5	8	2	4	3	2
Cleaning up after Christmas dinner																			
Very stressful	5	4	4	1	3	5	5	5	11	4	4	3	5	5	5	4	3	7	4
Fairly stressful	13	13	15	12	15	12	10	17	11	15	11	14	15	12	11	15	13	12	14
TOTAL STRESSFUL	18	17	19	13	18	17	15	22	22	19	15	17	20	17	16	19	16	19	18
Not very stressful	37	38	40	48	40	36	36	37	28	40	35	35	38	35	37	39	37	35	30
Not at all stressful	30	32	27	29	32	30	34	26	23	26	37	31	29	31	30	27	31	28	41
TOTAL NOT STRESSFUL	67	70	67	77	72	66	70	63	51	66	72	66	67	66	67	66	68	63	71
N/A - I do not do this at Christmas	13	12	12	10	9	15	13	13	17	11	11	16	12	14	13	13	11	15	10
Don't know	3	1	3	1	1	2	3	3	10	3	1	2	2	4	4	2	5	3	1
Dealing with unwanted presents																			
Very stressful	3	3	2	2	2	4	4	3	7	3	3	1	3	3	2	3	3	4	3
Fairly stressful	9	7	11	12	10	7	8	10	15	10	7	8	10	8	13	8	8	11	8
TOTAL STRESSFUL	12	10	13	14	12	11	12	13	22	13	10	9	13	11	15	11	11	15	11
Not very stressful	31	28	33	37	33	30	31	30	29	32	31	28	32	29	22	33	33	28	35
Not at all stressful	39	44	40	35	44	41	38	39	20	39	45	40	39	38	43	37	35	41	43
TOTAL NOT STRESSFUL	70	72	73	72	77	71	69	69	49	71	76	68	71	67	65	70	68	69	78
N/A - I do not do this at Christmas	13	15	11	10	9	16	14	12	9	11	12	18	11	15	11	14	14	12	10
Don't know	6	4	3	3	3	4	6	6	20	5	2	5	4	7	9	6	7	4	1