

# YouGov Survey Results

## Stress Tracker

GB18 Sample: 21st - 22nd December 2021



Total	Gender		Age					Social Grade		Region						
	Male	Female	18-24	25-34	35-44	45-54	55+	ABC1	C2DE	North	Midlands	East	London	South	England (NET)	Wales

StressTracker. Moving on...How stressed, if at all, are you feeling about Christmas this year?

	2022	933	1089	159	311	341	327	884	1222	800	489	344	193	245	469	1740	101	181
Unweighted base	2022	933	1089	159	311	341	327	884	1222	800	489	344	193	245	469	1740	101	181
<b>Base: All GB adults</b>	2022	981	1041	224	308	344	323	822	1153	869	483	334	195	273	462	1747	99	176
Very stressed	6%	4%	8%	2%	10%	9%	8%	4%	6%	6%	7%	5%	6%	4%	6%	6%	7%	8%
Fairly stressed	25%	21%	28%	29%	27%	28%	28%	20%	25%	24%	21%	24%	28%	26%	28%	25%	17%	24%
Not very stressed	33%	32%	34%	33%	35%	34%	30%	33%	36%	29%	32%	39%	34%	32%	31%	33%	30%	32%
Not at all stressed	31%	36%	25%	21%	23%	23%	30%	40%	29%	33%	33%	29%	28%	25%	31%	30%	42%	32%
Don't know	2%	2%	1%	6%	3%	1%	1%	1%	2%	2%	2%	1%	2%	3%	1%	2%	1%	2%
Not applicable - I do not celebrate Christmas	4%	4%	3%	9%	3%	5%	3%	3%	3%	5%	4%	3%	3%	9%	2%	4%	4%	2%

Parent/ Guardian							
Parent/ guardian (any age)	Not parent/ guardian	4 years and under	5 to 11 years	12 to 16 years	17 to 18 years	18 years and under	Over 18 years

StressTracker. Moving on...How stressed, if at all, are you feeling about Christmas this year?

	1183	839	159	228	190	72	476	781
Unweighted base	1183	839	159	228	190	72	476	781
<b>Base: All GB adults</b>	1145	877	171	235	194	71	488	729
Very stressed	6%	6%	5%	9%	10%	12%	8%	5%
Fairly stressed	23%	26%	27%	32%	28%	24%	29%	20%
Not very stressed	33%	33%	39%	31%	32%	28%	32%	33%
Not at all stressed	34%	27%	23%	22%	26%	27%	25%	39%
Don't know	1%	2%	2%	2%	1%	1%	2%	1%
Not applicable - I do not celebrate Christmas	2%	6%	3%	4%	3%	8%	3%	2%