Holidays habits adjusted for inflation
Almost half (46%) of Americans do not believe that their incomes are keeping up with inflation, but 62% of respondents admitted they usually spend more money than they plan to during the holidays.

This holiday season, quality time with loved ones could be overshadowed by financial stress.

1. Slip and fall on ice (25%).
2. Tripping over new toys and cords (17%).
3. Lifting heavy gifts (14%).
4. Auto accident from holiday frenzy (9%).
5. Falling off a ladder (8%).
6. Cutting down or injured by a Christmas tree (8%).
7. Shopping injury or mishap (7%).

When asked what they will do to cut holiday costs, 60% chose to stay home / forgo travel, 43% will cut holiday spending.

Methods used to cut holiday costs:

- 55% will choose at least one cost-cutting measure this holiday season.
- More than two-thirds (70%) said working over the holidays is expected by their employers.
- Two-thirds (63%) said working over the holidays will do so because of health care or related out-of-pocket costs.
- 70% of people admitted that they have more stress due to the holidays.
- 55% of people said they have more anxiety during the holiday season.
- 43% of people said they have more depression during the holiday season.
- 56% of people admitted they are more stressed by not taking time to recharge even during the holidays.

Healthy coping strategies: 37% of people admitted they have less stress during the holiday season.

Healthy ways respondents get through the holidays:

- 64% admitted they “tangle through” the holidays instead of truly relaxing.
- 31% stick to their time line of 2022 compared to last year.
- 25% said they“keep a mental or behavioral health check.”
- 25% said they utilize more cost-cutting measures than in the past.
- 56% of people admit they have more anxiety during the holiday season.
- 43% of people said they have more stress due to work over the holidays.
- 37% of people admitted they have less stress during the holiday season.
- 42% of people said they have more anxiety during the holiday season.
- 42% of people admitted they have more stress due to work over the holidays.
- 48% of people said they have a lot more anxiety during the holiday season.

Americans need more than a mental health day.

My holiday wish this season is ...

Top concerns during the holiday season are ...

- Quality health care is important throughout the year.
- Quality time with loved ones.
- Finances.
- Work Responsibilities.
- Physical Health.
- Mental Health.
- Emotional.

Top reasons for taking more time off in 2022 are:

- Doctor appointments and visits (34%).
- Planned recreation or vacations (32%).
- Mental health days (32%).
- Taking prescribed medications (28%).
- Exercising regularly (51%).
- Getting sunlight or using a UV light (34%).
- Keeping wellness visits (28%).
- Taking a mental health day from work (27%).
- Keeping mental or behavioral health visits (28%).
- Taking a mental health day off (15%).
- Relieving stress from work (27%).
- Could have less holiday stress.
- Quality ways respondents get through the holidays:

Methods used to get through the holidays:

- Taking prescribed medications (28%).
- Taking a mental health day (15%).
- Relieving stress from work (27%).
- Could have less holiday stress.
- Quality ways respondents get through the holidays:

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The 2022 Aflac Holiday Health Issues Survey is an online survey conducted among a nationally representative sample of 1,000 salaried, hourly and self-employed workers to understand America’s holiday health attitudes and concerns.

The 2022 Holiday Health Issues Survey was an online survey among a nationally representative sample of N=1,000 salaried, hourly and self-employed workers across the U.S. and was fielded between Oct. 24 and Oct. 27, 2022, by Kantar Profiles on behalf of Aflac.

Specifically, Americans expect to spend less this holiday season, compared to last year, on attending parties (36%), sending cards (26%), alcohol or other intoxicants (24%), and spending on travel (19%).

My holiday wish this season is ...

1. Doctor appointments and visits (34%).
2. Mental health days (32%).
3. Planned recreation or vacations (32%).
4. Recovery from previous accident, illness or sickness (21%).
5. Counseling for family members who had an accident, illness or sickness (21%).
6. Taking prescriptions (28%).
7. Shopping injury or mishap (7%).
8. Cutting down or injured by a Christmas tree (8%).
9. Falling off a ladder (8%).
10. Auto accident from holiday frenzy (9%).
11. Lifting heavy gifts (14%).
12. Tripping over new toys and cords (17%).
13. Slipping and falling on ice (25%).
14. Helping padding emergency fund (23%).
15. A year without sickness (34%).
16. Relief from anxiety/depression (39%).
17. Money to help pay the bills (51%).
18. Quality time with loved ones (55%).
19. A balance for gifts (25%).
20. To visit family or friends (37%).
21. Reduce holiday spending (28%).
22. Take on additional jobs (28%).
23. Stay home / forgo travel (25%).
24. To carry a credit card (60%).
25. To carry a debit card (31%).
26. To visit family or friends (37%).
27. To visit family or friends (37%).
28. To carry a credit card (60%).
29. To carry a debit card (31%).
30. To visit family or friends (37%).
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