

Mott Poll Questions



Holiday Stress

The following questions were answered by parents with children aged 1-18 years old.

Q1. What is your usual stress level during the December-January holiday season?

1. High
2. Medium
3. Low

Q2. Thinking about the upcoming holiday season: how likely are the following to cause you stress?

	Very likely	Somewhat likely	Not likely
a. Planning for family gatherings			
b. Extra shopping/holiday tasks			
c. Making special holiday meals			
d. Household finances			
e. Keeping family members healthy			
f. <i>[if any child is age 5 or older]</i> Having child at home more during the school break			
g. Criticism from family members about holiday plans			

[If any child is age 5 or older]

Q3. Compared to your usual rules for your child during the school year, how do you handle the following during your child's holiday break?

	Similar to usual rules	Slightly relaxed rules	No rules—it's vacation
a. Bedtime			
b. Screen time (TV, videos, gaming)			
c. Junk food/snacks			
d. Having friends over			
e. Sleepovers			

Q4. How much do you agree with the following statements?

	Strongly agree	Agree	Disagree	Strongly disagree
a. Holidays are generally a happy time for my family				
b. My child has unrealistic expectations for the holiday season				
c. I have unrealistic expectations of myself for the holiday season				
d. My own stress level negatively affects my child's enjoyment of the holidays				
e. [if any child is age 5 or older] I am relieved when my child goes back to school after the holidays				

Q5. What are the most effective ways for you to reduce your stress level? *Select all that apply.*

1. Time alone
2. Prayer/Religious services
3. Special holiday outings
4. Getting help from other family members
5. Listening to music
6. Work
7. Exercise
8. Other

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