In November 2017, AARP Foundation conducted a survey among adults age 18 and over that explored social connections during the holidays. Results show positive feelings are associated with the holidays, but also concern for family members who may feel lonely.

### Spending Time with Family and Friends

Thinking about spending time with family and friends this holiday season commonly evokes positive feelings among adults.

Specifically, respondents report feeling:

- **Happy**: 67%
- **Loved**: 47%
- **Joy**: 46%
- **Excited**: 44%

The most frequently cited negative feeling associated with spending time with family and friends during the holidays is **being stressed out**, at 19%.

### Loneliness

Feelings of loneliness during the holidays are also common.

Three-in-ten adults report having felt lonely during the holiday season sometime in the past five years.

Further, four-in-ten adults say that in the past five years they have worried about a family member or friend feeling lonely during the holiday season.

### Kindness

The majority of adults say that they experience about the same amount of kindness from strangers during the holidays as compared to other times of the year.

A third, however, say they experience more kindness from strangers during the holidays.

Only 5% say they experience less kindness.