'TIS THE SEASON TO BE FORGETFUL

TOP THINGS TO FORGET THAT WOULD SPOIL CHRISTMAS:

1. Forgetting to buy a family member a present
2. Realising the turkey is still **raw in the middle**
3. Burning the turkey
4. Forgetting to **turn the oven on**
5. Roast potatoes don't go to plan
6. Misplacing someone's present
7. Buying the **wrong present** for someone
8. **Forgetting the gravy**
9. Forgetting to put the vegetables on
10. Forgetting to **buy batteries** for children's toys

+13%

Women are 13% more likely than men to make a **'Christmas list'** to avoid forgetting anything

FESTIVE FORGETS

just **57%** have ever had a Christmas go by where they didn't **forget a single thing**

23% have even had a Christmas Day **'completely ruined'** by someone forgetting something crucial

One in 10 have suffered a last-minute scramble around the shops for **gravy**

15% have had to make an **emergency Christmas trip to the shop t**o pick up batteries

One in five have **forgotten to buy a gift** for someone coming round for Christmas

11% say **losing their glasses** so they can't see to open presents would ruin Christmas

WORST OFFENDERS

Men are more likely than women to forget something important on **Christmas Day**

Londoners are most likely to be forgetful when making the meal, with people in Wales least likely to forget something vital

Brits aged 25-34 are most likely to get halfway through cooking Christmas dinner – before realising they were **missing a key ingredient**

FEELING THE STRAIN

18-25-year-olds are most likely to see their stress increase before the big day

People **over 55 are** the most relaxed

6 IN 10 admit their own **health and wellbeing** takes a back seat in the run-up to Christmas, trying to get everything sorted

55% confess to being **'exhausted'** by the strain by the time Christmas is finally done and dusted

Men are much less likely than women to feel the strain:

61% **46%**

Research conducted by OnePoll for Vision Direct, with a sample of 2,000 UK adults in December 2020.

VisionDirect