

Compassionate Connection Therapy

Welcome to Your Reflection Space

This worksheet was created with care—for anyone moving through something tender, uncertain, or important. Whether you're processing pain, seeking clarity, rebuilding trust, or simply needing space to breathe, you're welcome here.

These worksheets offer gentle tools for reflection—resources that meet you where you are, without pressure or expectation. They're designed to support emotional exploration at your own pace, in your own way.

The mission is simple: To make emotional support more available in a time when many are struggling. To offer free, compassionate resources with no hidden agenda. To help you reconnect with your own voice, in ways that feel safe and steady.

If this mission resonates, feel free to share it. Post it, print it, pass it along. Your share might be someone's first moment of feeling understood.

These worksheets are offered with care, for personal use only. They're here to support your healing—not to rush it. You don't need to finish every section. You don't need to have all the answers. Take what supports you. Leave what doesn't. Your pace, your process, your wellbeing—these come first.

You're not alone. Even if we've never met, this resource is offered with quiet solidarity—holding space, cheering you on, and believing in your capacity to heal.

A Gentle Note on Safety

These worksheets are designed for personal reflection. They are not a substitute for therapy or professional treatment.

If you're in therapy, consider sharing this resource with your therapist before exploring. If you're not in therapy, please reflect in a space that feels emotionally and physically safe.

You might choose to explore alongside someone you trust—a friend, partner, or support person. If that isn't available right now, this worksheet can still be a quiet companion. Go gently. In your own time. In your own way.

Where to Find the Worksheets

If this resource feels meaningful, please share it. Healing is communal—and your share might be someone's first step toward feeling less alone.

These worksheets are shared freely across platforms:

Website: <https://CompassionateConnectionTherapy.co.uk>

Facebook: Compassionate Connection Therapy

TikTok: @rosa.tomassi.bella

Instagram: @connectiontherapyrhl

Let's make emotional support tools free, gentle, and accessible—together.

Compassionate Connection Therapy

A Note on Contact

These worksheets are shared freely, but individual support cannot be offered through messages or comments. If you need support, please speak with a therapist or someone you trust. These tools are here to guide gentle exploration—not to replace professional care. Thank you for understanding, and for sharing with kindness.

If You're in Crisis

These worksheets are not for emergencies. If you feel overwhelmed or unsafe, please reach out:

- Samaritans — 116 123 (free, 24/7)
- NHS 111 — urgent mental health advice
- 999 — if you or someone else is at immediate risk

You deserve support, safety, and care.

Copyright and Usage

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You are welcome to share this resource with others for support, as long as:

- *You credit Rosa Tomassi-Bella and Compassionate Connection Therapy*
- *You do not alter the content in any way*
- *You do not use it for commercial purposes or financial gain*

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Compassionate Connection Therapy

Christmas Wellbeing Worksheet:

For those spending the holidays alone

Introduction

The holiday season can be complex. For some, it brings joy and connection; for others, it can highlight absence, loneliness, or simply feel overwhelming. If you're spending Christmas on your own this year, please know that your experience is valid exactly as it is. There is no single "right" way to feel during this time — whether you notice sadness, relief, calm, or even mixed emotions, all of it deserves space and respect.

This worksheet has been created as a gentle companion, offering prompts and practices that you can use in whatever way feels supportive. It isn't about fixing or forcing cheer. Instead, it's about creating a safe place where you can pause, reflect, and nurture yourself with kindness.

You'll find questions to explore, sentence starters to help you express what feels hard to put into words, and small practices that can bring comfort in manageable steps. Alongside these, you'll see short "sciency bits" — simple explanations of how our minds and bodies respond to stress, loneliness, or gratitude. These are here to remind you that your reactions are human, understandable, and not a sign of weakness.

Take this at your own pace. You might choose to write, to think quietly, or to skip sections that don't feel relevant. There is no expectation, only invitation. This is your space — a place to honour your needs, to soften the weight of the season, and to remind yourself that you are worthy of care, even in moments of solitude.

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✂ How to Use This Worksheet

This resource is meant to be a companion, not a checklist. Please approach it in whatever way feels kindest to you.

- **Take your time.** There is no expectation to finish everything in one sitting. You might choose to explore a single question, return later, or skip sections entirely. Every pace is valid.
- **See the prompts as invitations.** The questions and sentence starters are here to gently guide reflection, not to demand answers. If something doesn't resonate, you can leave it aside.
- **Experiment with the tiny practices.** These are short, simple exercises designed to bring comfort or grounding. Try them if they feel supportive but know it's perfectly okay to skip them if they don't fit your needs in the moment.
- **Notice the sciency bits.** These small explanations are included to remind you that your experiences have understandable roots in how our minds and bodies work. They are not meant to diagnose or prescribe, but to reassure you that what you feel is human and valid.
- **Make it your own.** You can write, think quietly, doodle, or simply read. There is no "right" way to use this worksheet — only the way that feels gentle and safe for you.

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Section 1: Gentle Awareness

Guide: Sometimes, simply noticing what’s happening inside us can bring a little ease. Awareness isn’t about changing or fixing — it’s about gently acknowledging what is present. By pausing to notice, we give ourselves permission to slow down and meet our experience with kindness.

Open Questions (*invitations, not obligations*)

- What feels most present for me right now — in my body, mind, or emotions?
- How does my body let me know I’m tired, tense, or calm?
- What thoughts tend to visit me most often at this time of year?
- When do I feel a little more settled, even briefly?
- What helps me feel safe, even in small ways?

Sentence Starters (*to ease expression*)

- “In this moment, I notice...”
- “My body feels...”

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- “A thought that often comes is...”
- “I feel more grounded when...”
- “Safety for me looks like...”

Tiny Practice

Place your feet flat on the floor. Take three slow, steady breaths. As you breathe, gently name three things you can see around you. This simple act can anchor you in the present moment.

Sciency Bit

Gentle awareness activates the **parasympathetic nervous system** — the part of your body that supports rest and recovery. When this system is engaged, your heart rate slows, muscles release tension, and your body shifts from “fight or flight” into a calmer state. This is why even small grounding practices can help you feel steadier.

Section 2: Boundaries & Self-Care

Guide: Boundaries aren’t about shutting people out — they’re about protecting your energy and honouring your needs. Especially during the holidays, when expectations can feel heavy, boundaries are a way of saying: “*My wellbeing matters too.*” They can be as simple as choosing rest over obligation or deciding what feels nourishing versus draining. Setting boundaries is an act of kindness toward yourself, and often toward others too, because it helps you show up in ways that feel authentic rather than forced.

Open Questions (*gentle invitations*)

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- What feels draining for me during the holidays?
- What restores me, even in small ways?
- How might I give myself permission to rest without guilt?
- What feels okay to say “no” to right now?
- What feels important to say “yes” to, even if it’s small?

Sentence Starters (*to ease expression*)

- “I can protect my energy by...”
- “It’s okay for me to say no to...”
- “I feel more at peace when...”
- “A kind way to express my needs is...”
- “This Christmas, I give myself permission to...”

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Tiny Practice

Take a quiet moment and write one sentence beginning: “*This Christmas, I give myself permission to...*” It might be permission to rest, to decline an invitation, to enjoy something simple, or to feel however you feel.

Sciency Bit

Boundaries help regulate stress by reducing exposure to unwanted demands. When you set and honour them, your body produces less **cortisol** (the stress hormone), which conserves energy and supports emotional balance. This is why even small boundaries — like saying “no” to one thing or “yes” to rest — can make a noticeable difference in how you feel.

Section 3: Comfort Tools

Guide: Comfort doesn’t have to be grand or complicated — often it’s found in the smallest, simplest things. A warm drink, a favourite song, a soft blanket, or even the smell of something familiar can bring a sense of ease. When you’re spending time alone, these little comforts can act as anchors, reminding you that care and safety can be created in your own space. This section invites you to notice what soothes you and to gather those things close, so they’re ready when you need them.

Open Questions (*gentle invitations*)

- What comforts me most when I’m alone?
- What sensory things (smell, touch, sound, sight, taste) help me feel safe?

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- Who could I reach out to, even briefly, if I wanted connection?
- What activity helps me reset when I feel unsettled?
- What's one thing I can prepare in advance to support myself?

Sentence Starters (*to ease expression*)

- “When I feel lonely, I can...”
- “A small comfort for me is...”
- “I feel calmer when I listen to...”
- “I can reach out to...”
- “I reset when I...”

Tiny Practice

Create a **comfort box** with three items that soothe you. This could be a favourite tea, a blanket, a book, music, or anything that feels grounding. Place it somewhere easy to reach, so when difficult moments arise, you have a ready-made source of comfort waiting for you.

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Sciency Bit

Using sensory tools engages the **prefrontal cortex** — the part of the brain involved in regulation, planning, and soothing. When you activate your senses (through touch, smell, sound, or sight), it helps calm the emotional centres of the brain and reduces feelings of isolation. This is why even small sensory comforts can feel surprisingly powerful.

Section 4: Joy & Gratitude

Guide: Joy doesn't have to be big or loud. Sometimes it's found in the smallest of moments — a quiet morning, the glow of winter light, or the comfort of a familiar song. Gratitude works in the same way: noticing even one small thing we appreciate can gently shift perspective, reminding us that goodness exists alongside whatever else we're feeling. This section invites you to explore the little sparks of joy and gratitude that can soften the holiday season, even if you're spending it alone.

Open Questions (*gentle invitations*)

- What small moment am I looking forward to, however simple?
- What's one thing I enjoy about winter?
- What memory brings me warmth when I recall it?
- What's something I feel grateful for today, no matter how small?

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- What tiny joy could I create for myself this week?

Sentence Starters (*to ease expression*)

- “A small joy for me is...”
- “I feel grateful when...”
- “One memory that warms me is...”
- “I can create joy by...”
- “Something I appreciate right now is...”

Tiny Practice

Each day until New Year, write down one thing you feel grateful for. It could be as simple as a hot drink, a kind message, or a moment of rest. Over time, these small notes can form a gentle reminder that even in solitude, there are threads of comfort and meaning.

Sciency Bit

Gratitude activates areas of the brain linked to **dopamine and serotonin**, the chemicals that support mood and wellbeing. Even brief moments of gratitude can help balance emotions,

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reduce stress, and increase resilience. This is why noticing small joys — no matter how ordinary — can have a surprisingly powerful impact.

Section 5: Comfort Plan

Guide: When emotions feel heavy or moments feel overwhelming, having a simple plan can bring reassurance. A comfort plan is not about solving everything — it’s about knowing you have small, reliable steps to turn to when things feel too much. Even the act of writing down these steps can help you feel steadier, because it reminds you that you have choices and ways to care for yourself.

Open Questions (*gentle invitations*)

- What helps me when I feel overwhelmed?
- Who could I contact if I wanted support, even briefly?
- What activity helps me calm down quickly?
- What words or phrases soothe me most?
- What’s one step I can take when I feel stuck?

Sentence Starters (*to ease expression*)

- “When things feel too much, I will...”

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- “I can comfort myself by...”
- “I will reach out to...”
- “I feel calmer when I...”
- “My safe step is...”

Tiny Practice

Write a **3-step comfort plan** for yourself. Keep it simple and practical, such as:

1. Take three slow breaths.
2. Make a warm drink.
3. Send a short message to someone I trust.

Place this plan somewhere visible (like on your phone or a sticky note), so it’s easy to find when you need it.

Sciency Bit

When we feel overwhelmed, the **amygdala** — the brain’s alarm system — becomes highly active. This can make stress feel bigger and harder to manage. Having a plan reduces that activation by reassuring the brain that there are safe, predictable steps to follow. This helps restore a sense of control and makes difficult moments feel more manageable.

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Helpful Contacts Box (UK based)

If you find yourself needing someone to talk to over Christmas, please know there are kind, non-judgemental services available in the UK. You don't need to explain or justify why you're reaching out — simply saying *"I'd like someone to listen"* is enough.

- **Samaritans** — Call **116 123** anytime, day or night. Open 24/7, including Christmas Day, for confidential emotional support.
- **Age UK Advice Line** — Call **0800 678 1602** between 8am and 7pm, every day of the year, for support and advice for older people.
- **NHS Mental Health Crisis Helpline** — Dial **111** and choose option 2 for immediate mental health support if you're in crisis.
- **CALM (Campaign Against Living Miserably)** — Call **0800 58 58 58** between 5pm and midnight, every day, for support if you're feeling low or struggling.
- **Shout** — Text **85258** for free, confidential support via text message, available 24/7.
- **Papyrus HOPELINEUK** — Call **0800 068 4141** if you're under 35 and struggling with thoughts of suicide. Open 24/7.
- **Cruse Bereavement Support** — Call **0808 808 1677** for compassionate support if you're coping with grief.
- **Switchboard LGBT+ Helpline** — Call **0300 330 0630** between 10am and 10pm daily for support within the LGBTQ+ community.
- **Combat Stress** — Call **0800 138 1619** for 24/7 mental health support if you are a veteran.

If you ever feel you are in immediate danger or crisis, please call **999**.

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Gentle Reminder

Reaching out is a sign of strength. These services exist because everyone deserves care, connection, and support — especially during times that can feel heavy or lonely.

Closing

As you reach the end of this worksheet, take a moment to acknowledge the care you've given yourself simply by showing up here. Whether you answered every question, tried one practice, or simply read through the words, you have taken a step toward honouring your wellbeing.

The holiday season can carry many emotions — some light, some heavy, some mixed. All of them are valid. There is no expectation to feel a certain way, no pressure to meet anyone else's idea of what Christmas "should" look like. This space has been about recognising your needs, offering yourself gentleness, and remembering that even in solitude, you are not without comfort or worth.

Carry forward whatever feels supportive and let go of anything that doesn't. You can return to these prompts whenever you need them or simply hold onto the reminder that your feelings matter.

Affirmation: *"I deserve peace, rest, and kindness this holiday. My feelings are valid, and I am worthy of care."*

Let this affirmation be a quiet anchor — a reminder that your wellbeing is important, your experience is respected, and you are worthy of compassion, always.