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LONELINESS

Feeling lonely this Christmas? You're not alone

**By Sukhi Kaur, Counsellor/Therapist/Coach/Psychotherapist/MBACP**

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As the world lights up with festive cheer and the hustle and bustle of Christmas preparations, the season of joy and togetherness can be one of the loneliest and saddest times for some. Amid the social gatherings and family festivities, the sense of isolation can become more evident for those spending the holidays alone. If you find yourself feeling lonely this Christmas, know that you're not the only one.



Let's explore how to navigate through these emotions with compassion and self-

care.

Acknowledge your feelings

First things first – it's okay to feel lonely. It doesn't mean you're alone in feeling this way. Many people experience [loneliness](#) during the holidays, and it's okay to acknowledge it. Understand that your feelings are valid, and you are not alone in experiencing them. By recognising and accepting your emotions, you lay the foundation for self-compassion.

Self-compassion

Practice self-compassion by treating yourself with the same kindness you would offer to a friend. Write down positive affirmations or comforting messages to remind yourself that you deserve love and understanding. This simple act can be a powerful tool for shifting your mindset.

Mindset and well-being

Develop a [self-care](#) routine, this can be activities that bring you joy, such as reading, listening to music, or taking a soothing bath. Consistently engaging in these activities can contribute to a sense of well-being. Connect with nature, whether it's a short walk in the park, spending time in a garden, or simply gazing at the sky, connecting with nature can have a calming effect on your mind and emotions.

Connect virtually

In a world filled with screens, use them to your advantage. Video calls, messages, or even joining online communities can bring a sense of connection. Reach out to friends, and family, or even make new connections – it's never too late.

Create your own celebration

Adjust your expectations for the holiday season. Instead of focusing on societal norms, create your own meaningful traditions that align with your current circumstances. Make this Christmas about you. Cook your favourite meal, watch your preferred movie, or do something you enjoy. It's your day, and you deserve to make it special for you.



*"A season of loneliness and isolation is when the caterpillar gets its wings.
Remember that next time you feel alone."*

Mandy Hale

Volunteer or help others

Sometimes, helping others can lift our own spirits. Look for local volunteering opportunities or find ways to support those in need. It not only makes a positive impact but also creates a sense of purpose.

Seek support

If the loneliness feels overwhelming, don't hesitate to reach out for support. Talk to a friend, a family member, or consider seeking professional help.

Counselling

[Counselling](#) can be a valuable resource for individuals experiencing feelings of sadness or loneliness during the Christmas holidays. Counselling offers a safe and

non-judgmental space for individuals to express their feelings openly. A counsellor provides empathetic listening, validating the emotions of sadness or loneliness, and offering genuine understanding. Through guided conversations, individuals can gain insights into their feelings, allowing for a deeper understanding of their experiences.

How I can help

Whether you're seeking clarity, coping strategies, or a space to share your story, I provide a non-judgmental, confidential safe space where you can reflect, process your thoughts and take steps toward the positive changes you desire.

I offer online counselling services, ensuring that support is accessible and allows for flexible scheduling, making it easier to prioritise your mental health. Reaching out is simple, [connect with me](#) through Counselling Directory and we can schedule a session that suits your needs.

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Loneliness

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Sukhi is a qualified counsellor and member of BACP. Sukhi's experience is diverse and includes working with people who have problems with anxiety, confidence, depression, low-self-esteem, stress and trauma. Sukhi's online counselling allows individuals to experience the therapeutic process from a space where they feel most comfortable.



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Christmas is a very difficult time. Thank you for sharing the tips

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