

Holiday Loneliness Workbook

The holiday season can be a joyful time, but it also brings unique stressors that can impact your mental and emotional well-being. [This collection of worksheets is designed to help you manage feeling lonely during the holidays, and offers practical strategies and tools to maintain balance and enhance your well-being.](#) By engaging with these worksheets, you can take proactive steps to navigate the holidays with greater ease and peace of mind.

Here is a brief introduction to each worksheet included in this package:

Cognitive Restructuring

This cognitive restructuring worksheet helps you identify and challenge negative thought patterns that contribute to feelings of loneliness, especially during the holiday season. By learning to reframe these thoughts, you can foster healthier emotions and behaviors to better cope with social isolation.

Practicing Gratitude

When practiced consistently, gratitude can help you focus on the good in your life, build resilience, and improve your relationships. This worksheet is designed to guide you through the process of recognizing and appreciating the positive aspects of your daily experiences.

Self-Care Inventory

This worksheet will help you evaluate and enhance your self-care routine during the holiday season. By identifying and ranking various self-care activities, you can focus on what nurtures your well-being and make adjustments to better manage holiday stress and anxiety.

DBT PLEASE Skill

The PLEASE skill in dialectical behavior therapy (DBT) is a simple acronym that helps you remember the essentials of maintaining mental and physical well-being, especially during the holiday season. This worksheet will guide you through applying the PLEASE skill to manage intense emotions that can arise during this time, helping you stay balanced and calm amidst holiday stress.

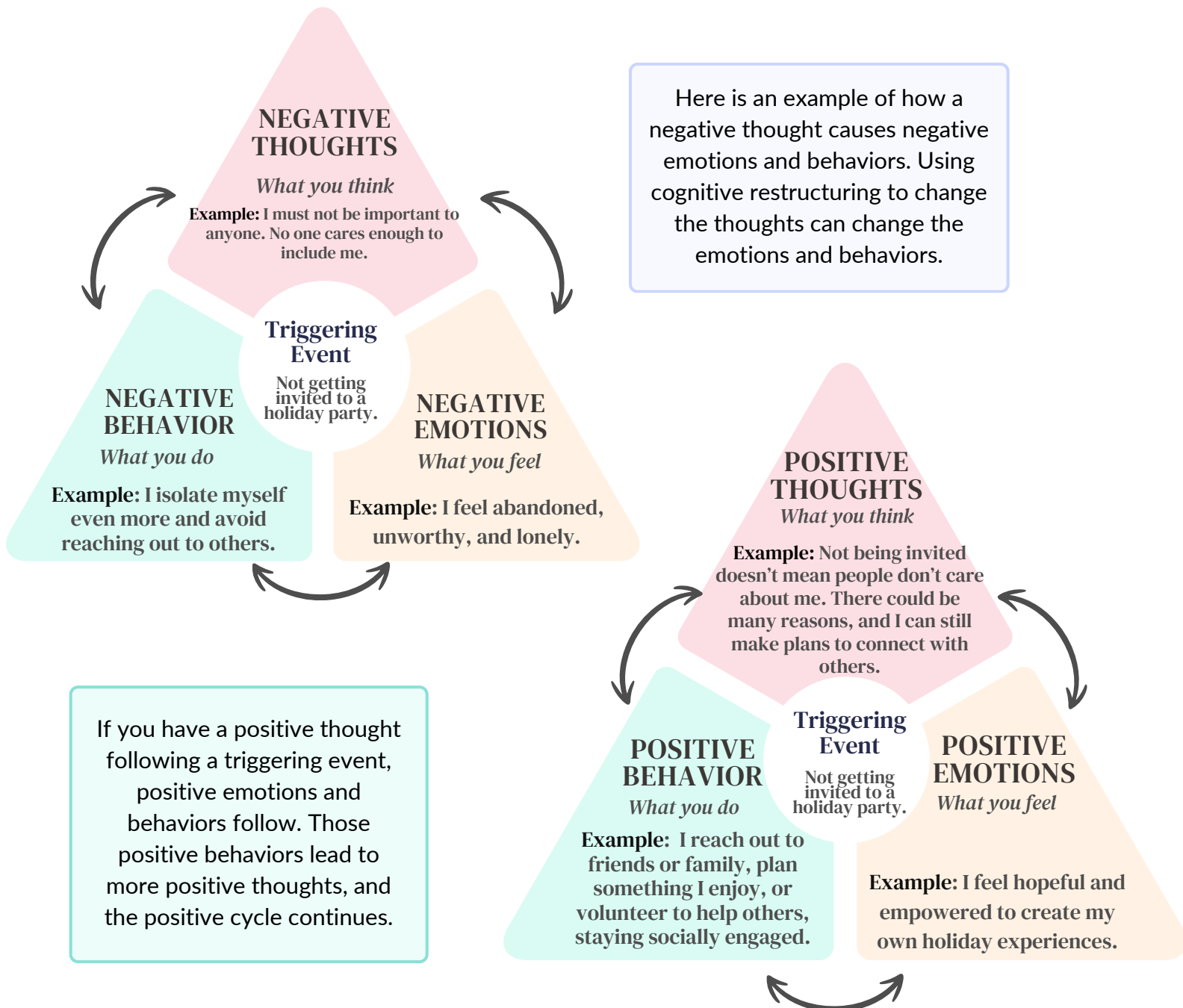
Setting SMART Goals

Goal-setting can provide direction and motivation, which can be particularly challenging during the holiday season. The SMART Goals worksheet helps you set Specific, Measurable, Achievable, Relevant, and Time-bound goals to manage holiday stress and anxiety. This structured approach makes it easier to achieve your objectives and build a sense of accomplishment and progress during this busy time of year.



Cognitive Restructuring

Cognitive restructuring is a CBT technique designed to help you recognize and challenge negative and unhelpful thoughts. During the holidays, feelings of loneliness can often be heightened due to social expectations, memories of past gatherings, or comparisons with others. **Cognitive restructuring encourages you to examine the evidence for and against these thoughts and replace them with more helpful alternatives.** By using this technique, you can interrupt the negative thought patterns that contribute to feeling isolated or left out during the holiday season.



THOUGHT

What you think in a situation

Ex: I'm the worst friend

EMOTION

How you feel

Ex: I feel sad and hopeless

BEHAVIOR

How you handle the situation

Ex: Isolate and withdraw

It's important to understand that our automatic thoughts affect our feelings and influence our behavior.

You can recognize unhealthy thought patterns that are making you feel lonely by practicing cognitive restructuring. Use the questions below each time you're experiencing unwanted thoughts that lead to unhealthy behaviors.

Thought:

**Is my thought
factual?**

**What evidence
do I have to
support my
thought?**

**What would
someone else
say about the
situation?**

**Is it possible to
view this
situation
differently?**



Practicing Gratitude

Gratitude is more than just a positive emotion; it is a powerful tool that can transform your mental health and overall outlook on life. Practicing gratitude can help you focus on the good in your life, build resilience, and improve your relationships. This worksheet is designed to guide you through the process of recognizing and appreciating the positive aspects of your daily experiences.

PART 1: Daily Gratitude List

Write down three things you are grateful for each day.

WEEK 1	Gratitude 1	Gratitude 2	Gratitude 3
M	<i>Example: The taste of fresh coffee in the morning.</i>	<i>The kind text my friend sent me.</i>	<i>The relaxing bath I took to unwind.</i>
T	<i>A productive work meeting where I felt heard.</i>	<i>My cozy blanket keeping me warm while I read.</i>	<i>A surprise call from my mom to check on me.</i>
W			
T			
F			
S			
S			

PART 2: Weekly Reflection

Reflect on your gratitude entries at the end of each week. Answer the following questions:

Which gratitude entries for this week stood out to you the most and why?

The kind text my friend sent me stood out because it reminded me that I have people who care about me, even on tough days.

Which gratitude entries for this week stood out to you the most and why?

Practicing gratitude helped me stay positive and focused on the good things in my life, even when I felt stressed.



Practicing Gratitude

WEEK 1	Gratitude 1	Gratitude 2	Gratitude 3
M			
T			
W			
T			
F			
S			
S			

Which gratitude entries for this week stood out to you the most and why?

How did practicing gratitude affect your mood and outlook over the week?



Practicing Gratitude

WEEK 2	Gratitude 1	Gratitude 2	Gratitude 3
M			
T			
W			
T			
F			
S			
S			

Which gratitude entries for this week stood out to you the most and why?

How did practicing gratitude affect your mood and outlook over the week?



Practicing Gratitude

WEEK 3	Gratitude 1	Gratitude 2	Gratitude 3
M			
T			
W			
T			
F			
S			
S			

Which gratitude entries for this week stood out to you the most and why?

.....

.....

.....

How did practicing gratitude affect your mood and outlook over the week?

.....

.....

.....



Practicing Gratitude

WEEK 4	Gratitude 1	Gratitude 2	Gratitude 3
M			
T			
W			
T			
F			
S			
S			

Which gratitude entries for this week stood out to you the most and why?

How did practicing gratitude affect your mood and outlook over the week?



PART 3: Monthly Summary

At the end of each month, summarize your gratitude practice.

What patterns do you notice in the things you are grateful for?

The highlights included reconnecting with an old friend over coffee and experiencing a beautiful day at the beach with my family.

How has your perspective changed since you started practicing gratitude?

I've begun to notice the small, often overlooked joys in my daily life, such as the sound of rain on my window or the smell of freshly baked bread from the local bakery.

What new gratitude practices would you like to try next month?

I would like to start a gratitude jar where I can add notes about what I'm thankful for each day and review them at the end of the month.

What challenges did you face in practicing gratitude , and how did you overcome them?

I found it difficult to focus on positive aspects during stressful times, but setting a specific time each day to reflect helped me stay consistent.

Which gratitudes can you turn into a daily affirmation?

I am grateful for the abundance in my life.

I appreciate the love and support I receive from others.

I am thankful for the opportunities to grow and learn each day.

I am grateful for the beauty of nature around me.



PART 3: Monthly Summary

At the end of each month, summarize your gratitude practice.

What patterns do you notice in the things you are grateful for?

How has your perspective changed since you started practicing gratitude?

What new gratitude practices would you like to try next month?

What challenges did you face in practicing gratitude , and how did you overcome them?

Which gratitudes do you want to turn into a daily affirmation?



Self-Care Inventory

Self-care is any technique that enhances your well-being and replenishes your mind and body. For example, practicing daily gratitude, laughing with a loved one, and taking daily walks can boost your mood and improve overall well-being. A self-care routine is not one-size-fits-all but requires experimenting with different strategies to understand what works best for you.

This worksheet is designed to help you explore a variety of specific self-care activities that can improve your well-being. You will be asked to rank each activity on a scale from 1-3 to determine how well you are currently engaging in these practices. After ranking, you can “star” the activities you would like to do more often. The goal of this worksheet is to help you recognize the different types of self-care available to you, identify what you are doing well, and pinpoint areas where you can improve to feel better overall.

Ranking

- 1 I rarely engage in this, and it is not a regular part of my routine.
- 2 I occasionally engage in this, but it is not consistent.
- 3 I regularly engage in this, and it is a frequent part of my routine.
- ★ I want to do this more frequently.

1 2 3 ★ Physical Self-Care: Improving your physical health.

- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Engaging in regular physical activity such as walking, running, yoga, or strength training. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Ensuring you get enough restful sleep each night to rejuvenate your body. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Eating a balanced and nutritious diet, including plenty of fruits, vegetables, and grains. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Drinking enough water throughout the day to stay hydrated. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Maintaining good hygiene practices such as bathing, brushing teeth, and grooming. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Attending regular check-ups and following medical advice from healthcare professionals. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Taking time to relax and unwind, through activities like taking a bath and getting a massage. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Limiting or avoiding the use of alcohol, tobacco, and other substances. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Spending time outdoors in natural sunlight to enhance vitamin D levels and improve mood. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Paying attention to your body's needs, such as stretching when tense or resting when tired. |



Self-Care Inventory

1 2 3



Emotional Self-Care: Processing & expressing your emotions.

☐ ☐ ☐
☐

Participating in activities you enjoy to boost your mood and provide a sense of fulfillment.

☐ ☐ ☐
☐

Spending time with friends and family to build support and reduce feelings of isolation.

☐ ☐ ☐
☐

Practicing mindfulness to stay present and manage negative thoughts.

☐ ☐ ☐
☐

Writing down thoughts and feelings to process emotions and gain insights.

☐ ☐ ☐
☐

Keeping a gratitude journal or reflecting on things you are thankful for.

☐ ☐ ☐
☐

Using positive affirmations to counter negative self-talk and build self-esteem.

☐ ☐ ☐
☐

Using music to relax, uplift your mood, or express your emotions.

☐ ☐ ☐
☐

Expressing your emotions through art, music, writing, or other creative outlets.

☐ ☐ ☐
☐

Set achievable goals and celebrate your progress, no matter how small.

☐ ☐ ☐
☐

Regular sessions with a therapist or counselor to explore and address emotional challenges.

1 2 3



Social Self-Care: Fostering & maintaining healthy relationships.

☐ ☐ ☐
☐

Spending time with people you like and make you feel good about yourself.

☐ ☐ ☐
☐

Asking for help from friends or family when you're feeling down or overwhelmed.

☐ ☐ ☐
☐

Learning to say no and establishing boundaries to protect your emotional well-being.

☐ ☐ ☐
☐

Participating in support groups to gain insight and emotional support from others.

☐ ☐ ☐
☐

Participating in clubs or organizations that align with your interests to meet new people.

☐ ☐ ☐
☐

Giving your time to help others in your community to foster connection and purpose.

☐ ☐ ☐
☐

Going to social gatherings, parties, or community events to build your social network.

☐ ☐ ☐
☐

Scheduling regular get-togethers, such as a weekly coffee date, or a monthly dinner.

☐ ☐ ☐
☐

Actively listening when talking with others, which helps strengthen your relationships.

☐ ☐ ☐
☐

Scheduling intentional alone time with your romantic partner.



Self-Care Inventory

1 2 3



Professional Self-Care: Maintaining a healthy work-life balance and pursuing career development opportunities.

☐ ☐ ☐
☐

Clearly defining work hours and sticking to them to ensure a healthy work-life balance.

☐ ☐ ☐
☐

Stepping away from work to recharge, through daily short breaks and using vacation time.

☐ ☐ ☐
☐

Talking to a supervisor or HR about mental health challenges (if it feels safe).

☐ ☐ ☐
☐

Exploring available support options, such as employee assistance programs (EAP).

☐ ☐ ☐
☐

Organizing and prioritizing work tasks to manage workload effectively and reduce stress.

☐ ☐ ☐
☐

Ensuring your work environment is comfortable and conducive to productivity.

☐ ☐ ☐
☐

Establishing achievable work goals and celebrating small accomplishments.

☐ ☐ ☐
☐

Being kind to yourself during work and avoiding excessive self-criticism.

☐ ☐ ☐
☐

Building positive relationships with coworkers for mutual support and camaraderie.

1 2 3



Spiritual Self-Care: Nurturing your spirit and providing purpose.

☐ ☐ ☐
☐

Practicing meditation to connect with your inner self and find peace and clarity.

☐ ☐ ☐
☐

Engaging in prayer or other forms of communication with a higher power.

☐ ☐ ☐
☐

Spending time in nature to experience connection to the world around you.

☐ ☐ ☐
☐

Regularly reflecting on what you are thankful for to cultivate an appreciative mindset.

☐ ☐ ☐
☐

Reading inspirational books, scriptures, or quotes to uplift and inspire your spirit.

☐ ☐ ☐
☐

Participating in spiritual or religious community activities.

☐ ☐ ☐
☐

Engaging in artistic activities, such as painting, music, or writing.

☐ ☐ ☐
☐

Performing acts of kindness and service to others, fostering a sense of purpose.

☐ ☐ ☐
☐

Acting in accordance with your morals to create a sense of integrity in your life.

☐ ☐ ☐
☐

Spending time with the people who give your life meaning.



DBT PLEASE Skill

The PLEASE skill in dialectical behavior therapy (DBT) is a simple acronym that helps you remember the essentials of maintaining mental and physical well-being, especially during the holiday season. This worksheet will guide you through applying the PLEASE skill to manage intense emotions that can arise during this time, helping you stay balanced and calm amidst holiday stress.

PL

Treat Physical Illness

Make sure to look after your overall physical health by having regular check-ups, staying active, and following any medical advice. Taking care of your body helps keep your mind stable and healthy.

E

Balanced Eating

Try to eat regular, healthy meals. Good nutrition can help keep your mood steady and give you the energy you need, making you less likely to feel upset or stressed.

A

Avoid Mood-Altering Substances

Stay away from substances like alcohol and drugs that can affect your mood and thinking. Avoiding these helps you think clearly and manage your emotions better, which is important for your mental health.

S

Balanced Sleep

Getting enough sleep is very important for handling your emotions well. Try to keep a regular sleep schedule. Good sleep helps your mind work properly and keeps your emotions steady, reducing the chances of feeling moody or upset.

E

Exercise Daily

Exercise can lift your mood, reduce stress, and improve your overall emotional well-being. It also helps your body produce endorphins, which make you feel happier.



PHYSICAL ILLNESS: Take care of your physical health.

Track your progress daily for a week to see if you are attending to your physical health on a regular basis or if there is room for improvement.

	M	T	W	T	F	S	S
Scheduled and attended doctors appointments							
Took medications							
Took a shower and washed face							
Brushed my teeth							
Moved my body							
Ate nutritious food							
Went outside							
Drank enough water							
Limited time on social media							
Cleaned the house							
Spoke to another person							

What challenges did you face when taking care of your physical health and how can you overcome them?



BALANCED EATING: What we eat contributes to our mental health.

Keep track of the foods you consume for several days and how you feel after you eat them. The more specific you can be about how you feel after eating, the better!

Food Consumed	How I Felt After Eating it
1.
2.
3.
4.
5.
6.
7.
8.
9.

Which foods made you feel the best & what foods do you want to avoid going forward?

.....

.....

.....



DBT PLEASE Skill

AVOID MOOD ALTERING SUBSTANCES:

Evaluate your use of substances that may affect your mood.

Substances such as alcohol, non-prescription medications, drugs, and caffeine can affect your ability to regulate your emotions. One of the keys to emotional stability is to take medication as prescribed and avoid substances used for self-medicating.

What mood altering substances do you use?

What are your personal reasons for avoiding mood altering substances?

What steps can you take to reduce or eliminate these substances?

What challenges might you face and how can you overcome them?



DBT PLEASE Skill

BALANCED SLEEP: Getting enough sleep is important to your mental health.

You should strive for 7 to 9 hours of sleep per night and establish good sleep habits to help regulate your mood.

With a sleep diary, you can log your bedtime, night awakenings, and morning wake-up times. This helps you see your sleep patterns and overall sleep duration, as well as how often your sleep is disrupted. Additionally, a sleep diary helps you track activities affecting your sleep. You'll note when you exercise, nap, take medication, or consume caffeine or alcohol.

INSTRUCTIONS: (1) Write the date and type of day: Work, School, or Day Off. (2) Put the letter "C" in the box when you have coffee, cola or tea. Put "M" when you take any medicine. Put "A" when you drink alcohol. Put "E" when you exercise. (3) Put a "B" in the box to show when you go to bed. Put a "Z" in the box that shows when you think you fell asleep. (4) Put a "Z" in all the boxes that show when you are asleep at night or when you take a nap during the day. (5) Leave boxes empty to show when you wake up at night and when you are awake during the day. **SAMPLE ENTRY BELOW:**

		P.M.											A.M.												
Date	Type of Day	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
7/12	Work		C					E		A		M	B	Z	Z	Z	Z		Z	Z	Z				

		P.M.											A.M.												
Date	Type of Day	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11



EXERCISE DAILY: Exercise is a great way to balance your mood.

Though it can be challenging to incorporate exercise into your daily routine, completing it can make you feel better physically and mentally. Even 20-30 minutes of brisk walking can be beneficial.

DATE & TIME	TYPE OF EXERCISE	DURATION	INTENSITY

Which workouts did you enjoy the most & want to do more?

What challenges did you face and how can you overcome them?



Setting SMART Goals

SMART Goals is a structured goal-setting method that helps you create clear, actionable objectives to manage holiday stress and anxiety. **By breaking down larger tasks into manageable steps, SMART Goals can make the holiday season feel less overwhelming.** This approach can also boost your motivation, improve focus, and provide a sense of accomplishment during what can be a challenging time of year.

S

Specific

What is your goal? Write down exactly what you want to achieve. Be clear and detailed about what you expect to accomplish.

Example: "I will set aside 15 minutes each evening to unwind with a holiday-themed mindfulness activity, such as deep breathing or listening to calming music."

M

Measurable

How will you measure your progress? Determine how you will track your progress and know when you have achieved your goal.

Example: "I will track my evening mindfulness sessions in a journal and aim to complete at least 5 sessions per week."

A

Achievable

Is your goal realistic? What steps can you take to make your goal achievable? Break down your goal into smaller, manageable tasks.

Example: "I will start with 5 minutes of mindfulness each evening and gradually increase the duration by 5 minutes each week, aiming for a 20-minute session by the end of the month.."

R

Relevant

Does this goal align with your broader objectives? Ensure that your goal is relevant and meaningful to your overall life or career goals. Reflect on the value and impact of achieving this goal.

Example: "I will focus on mindfulness because it helps reduce holiday stress and promotes a sense of calm and well-being during a hectic season."

T

Time-Bound

What is your deadline for achieving this goal? Set a specific date by which you plan to achieve your goal. Identify immediate actions you can take to begin your progress.

Example: "I will achieve my goal of practicing 20 minutes of mindfulness each evening by the end of the next 4 weeks."

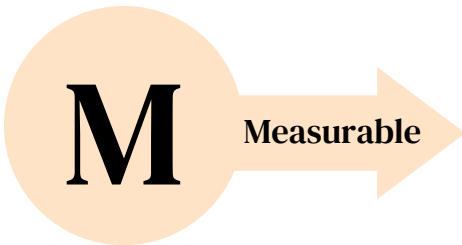


Setting SMART Goals

SMART Goals is a structured goal-setting method that helps you create clear, actionable objectives to manage holiday stress and anxiety. **By breaking down larger tasks into manageable steps, SMART Goals can make the holiday season feel less overwhelming.** This approach can also boost your motivation, improve focus, and provide a sense of accomplishment during what can be a challenging time of year.



What is your goal? Write down exactly what you want to achieve. Be clear and detailed about what you expect to accomplish.



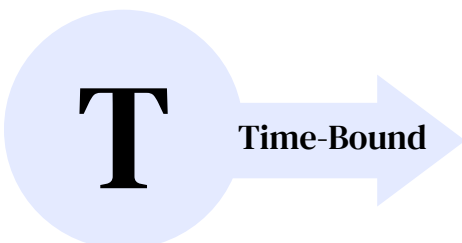
How will you measure your progress? Determine how you will track your progress and know when you have achieved your goal.



Is your goal realistic? What steps can you take to make your goal achievable? Break down your goal into smaller, manageable tasks.



Does this goal align with your broader objectives? Ensure that your goal is relevant and meaningful to your overall life or career goals. Reflect on the value and impact of achieving this goal.



What is your deadline for achieving this goal? Set a specific date by which you plan to achieve your goal. Identify immediate actions you can take to begin your progress.





Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



300+
Companies Reviewed



2,350+
Hours of Firsthand Experience



1,150+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

