

# Dealing with the Feeling of Loneliness During the Holiday Season (Pandemic Holiday Season)

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(modified)

## Shall we deal with S.H.A.L.L.?

**S** - Sadness

**H** - Hopelessness

**A** - (feeling) Alone

**L** - Loneliness (without a support system)

**L** - Lousy (general feelings of being low-spirited:  
physical/mental)

Here are some tips to combat S.H.A.L.L.-

- ★ **Keep a sense of normalcy:** Follow your day-to-day routine, stick to your “normal” schedule
- ★ **Write it out:** Jot down your feelings, whether it be inside a journal or on a scrap piece of paper. Look at your feelings in black and white (make a conscious effort to look at how you are connected to your feelings and create steps for change)
- ★ **Get involved (community, state, international involvement):**  
Make the experience meaningful and purposeful-
  - Send holiday cheer by writing letters to nursing home residents/active military personnel
  - Donate to local animal shelters
  - Become an active online volunteer for an organization of your choice

- Contact local food a pantry to see what donations they may need
- ★ **Connect with yourself:** Set a small and easily mastered goal for yourself and take time out of your schedule just for you (you matter).
- ★ **Self care is a Must:** Explore a mindfulness activity (mindful breathing is a perfect place to start). Take a walk and explore your surroundings.
  - Taking care of yourself should be priority
  - Allowing yourself to make mistakes and practicing forgiveness for self
  - Ask for help if needed: Asking for help when needed, shows that you are strong
    - ATS's [Family Resource Guide](#)
- ★ **Connect with your Circle of Support:** Spend time (Virtual/In-person), with those who care for your well-being
  - Virtual does not replace in-person connection but does allow closeness to your loved ones that you cannot see in person
  - Continue holiday baking traditions virtually
  - Send and open holiday presents virtually as if you were still together
  - Make more phone calls instead of text messages so that you can hear each other's voices