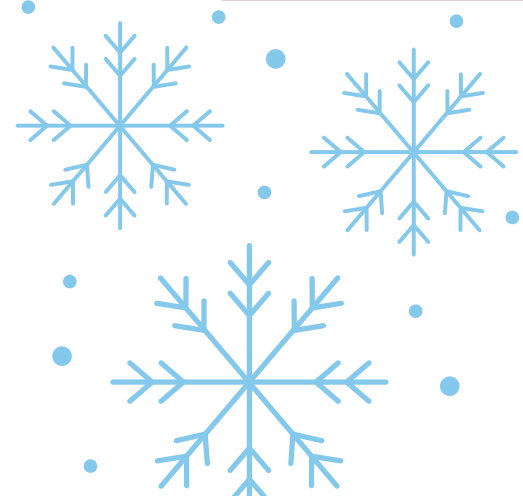




Connection over **Celebration:** CAPTURING THE REAL ESSENCE OF THE FESTIVE PERIOD



HOW MANY OF YOU...

...HAVE STRUGGLED WITH LONELINESS DURING THE FESTIVE PERIOD?

...HAVE NOTICED FRIENDS, FAMILY, OR COLLEAGUES FEELING LONELY AROUND THIS TIME?

...HAVE NEVER FELT LONELY OR NOTICED IT IN OTHERS DURING THE FESTIVE PERIOD?

THE SESSION IS BEING RECORDED...

[● REC]

**RECORDING IN
PROGRESS**

THIS SESSION IS BEING RECORDED AND WILL BE AVAILABLE AFTER THE EVENT

ABOUT US

The Stress Management Society is a non-profit organisation dedicated to helping individuals and companies recognise and reduce stress. We are a small organisation in West London who have been dedicated to leading effective universal change with our passionate approach to recognising and reducing stress and promoting wellbeing since 2003.



International Wellbeing Insights is the research and consultancy arm of The Stress Management Society.

PLEASE SUPPORT US!

Donate to 
The Stress Management Society



We absolutely love providing these webinars and resources to you and your support means the world to us!

HOW TO USE THE WORKSHOP



Cameras on please – this is not a lecture; this is an **interactive workshop**. The content has been written to move on when you participate.



Questions will be asked throughout the session, **please get involved** on the microphone and the chat. This is not the facilitator's session, **it's everyone's session!** Put your hand up or make a request to share on the mic using the chat.



Please feel **free to ask questions, share experiences, disagree, seek clarification, tell me to slow down** - whatever you need at any time.

There will be opportunities to participate so... **we need to hear from you!**

GROUND RULES



BE ON TIME



BE HERE NOW



LIMIT DISTRACTIONS:
TECH OFF OR ON SILENT



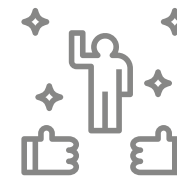
TRIGGER WARNING



PARTICIPATION:
WHAT YOU PUT IN IS WHAT YOU GET



HONESTY & RESPECT



KEEP AN OPEN MIND



USING 'I...' STATEMENTS



CONFIDENTIALITY

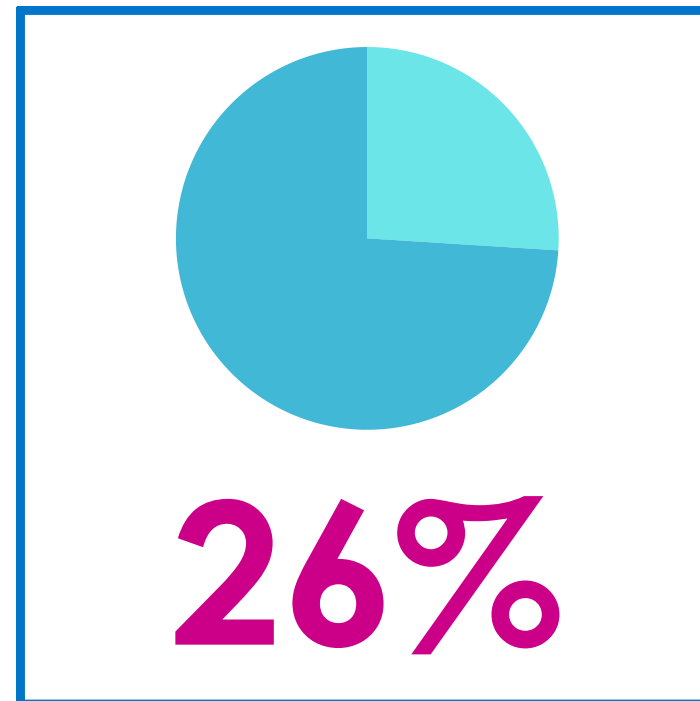
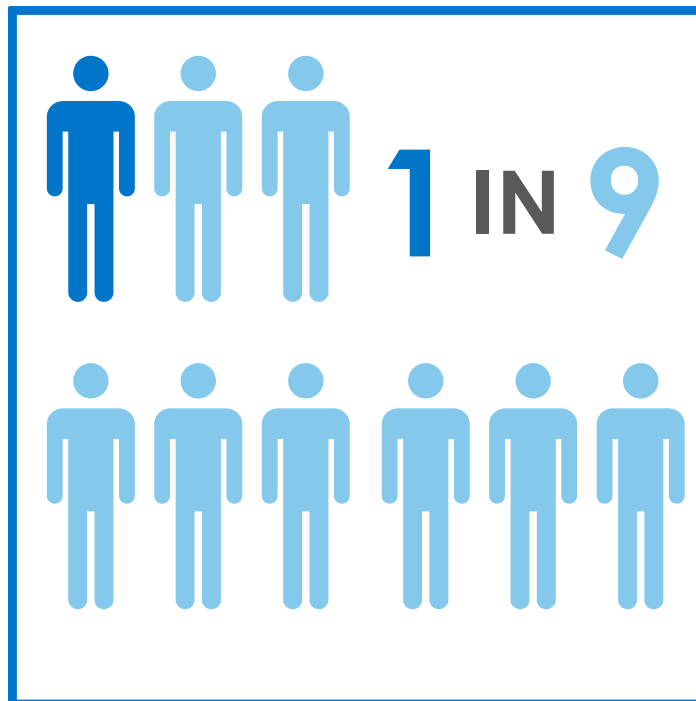


SAFEGUARDING



**CAN YOU THINK OFF ANY MORE?
DROP YOUR SUGGESTIONS IN THE CHAT.**

BEHIND THE LIGHTS



WHY DO YOU THINK IT'S SO EASY TO ASSUME PEOPLE ARE 'FINE' AT THIS TIME OF YEAR?

WHY DO YOU THINK LONELINESS INCREASES DURING THE FESTIVE SEASON?



ANSWER IN THE MIC OR SHARE IN THE CHAT

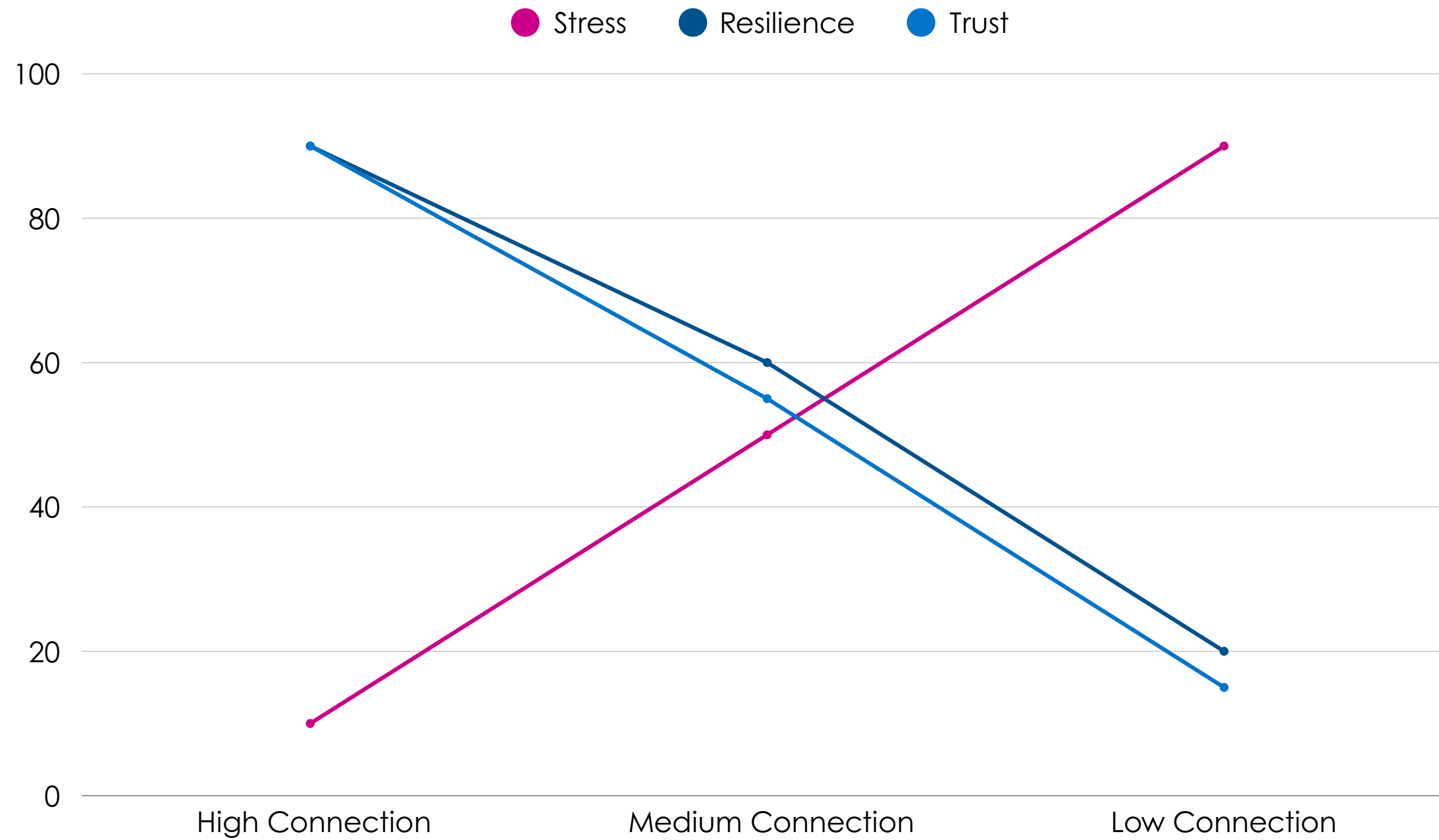


🔍 Loneliness at Christmas 🗣️

GOOGLE SEARCHES FOR "LONELINESS AT CHRISTMAS" SPIKE EVERY DECEMBER



THE COST OF MISSING CONNECTION



A REAL STORY OF BEING SEEN



Have you ever had a moment where someone's simple check-in completely changed how you felt?



ANSWER IN THE MIC OR SHARE IN THE CHAT



a reminder that connection is possible, even when circumstances are different from what we expect.



EXERCISE

1



Someone you could check in on this season

2



One way you could check in with yourself

3



One small thing that helps you feel grounded

Who would like to share one of theirs?



ANSWER IN THE MIC OR SHARE IN THE CHAT



FROM INTENTION TO ACTION

How will you make **one** of
your **three** **actions** actually
happen **this week?**



WHY CONNECTION MATTERS

LONELINESS ISN'T ABOUT BEING ALONE.

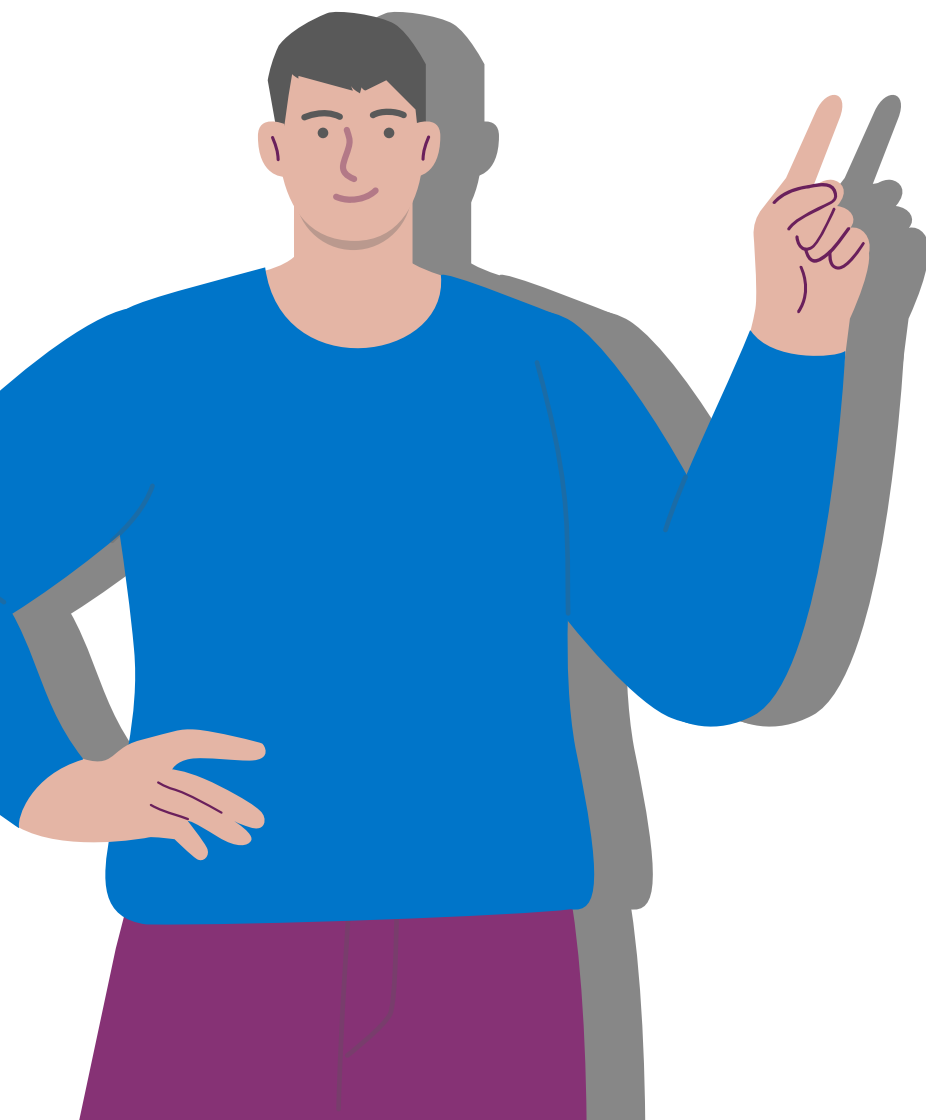
IT'S ABOUT FEELING UNSEEN, UNHEARD, AND UNSUPPORTED SOMETIMES EVEN IN BUSY SPACES.



FROM AWARENESS TO ACTION

WHERE COULD I TAKE A SMALL FIRST STEP TOWARDS MORE CONNECTION?

WHAT'S ONE SMALL ACTION YOU CAN TAKE IN THE NEXT 24 HOURS TO SUPPORT SOMEONE OR YOURSELF?



ANSWER ON THE MIC OR SHARE IN THE CHAT

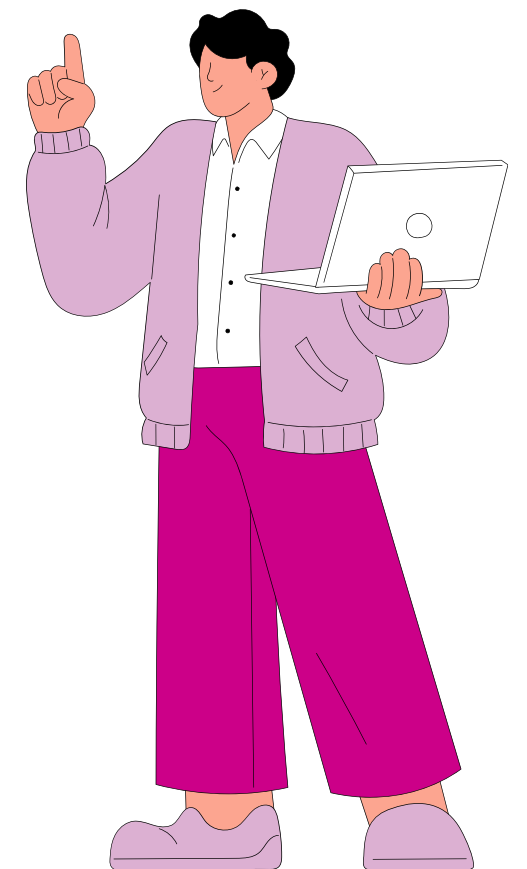


CONNECTION OVER CELEBRATION

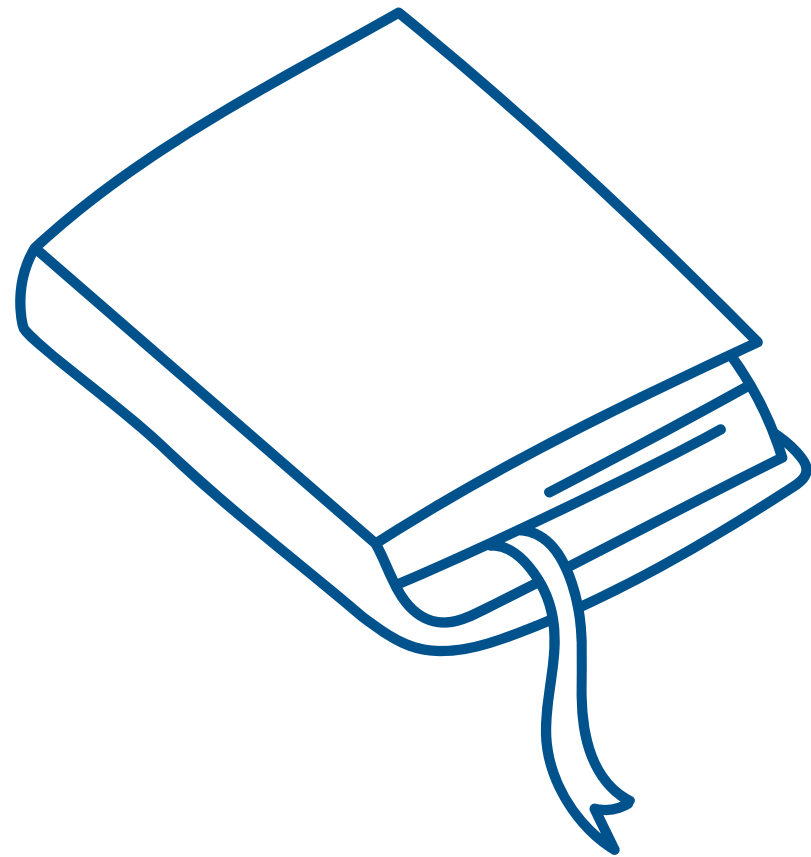
IN WHAT WAYS DO YOU ALLOW YOURSELF TO BE REAL DURING THIS TIME?

WHICH MEMORIES OF PAST HOLIDAYS STICK WITH YOU THE MOST?

WHEN YOU FEEL GROUNDED OR STRONG, HOW MIGHT YOU BE THE CONNECTION SOMEONE ELSE NEEDS?



SESSION RESOURCES



DOWNLOAD OUR PURPLE PAPER



WWW.STRESS.ORG.UK/PURPLEPAPERS

MENTAL HEALTH CHAMPIONS

**BOOK NOW FOR A 50% DISCOUNT COSTING
YOU £248.5 FOR OUR FEBRUARY 2026
PROGRAMME**



JOIN NEXT MONTHS WEBINAR

Thursday 29th January 2026

HOW WILL YOU BE THE CHANGE...

JOIN BY CLICKING THE LINK IN THE CHAT



GLOBAL STRESS AND MENTAL HEALTH SURVEY.

We've just launched our global survey to **understand how stress is affecting people worldwide**. Your voice will help shape future wellbeing support, inform global insights, and guide real positive change.

Take the survey today and enter our **special giveaway!**

- Free workshop
- Mental Health Champions programme place
- CBD Queen gift boxes (+18)
- Signed books

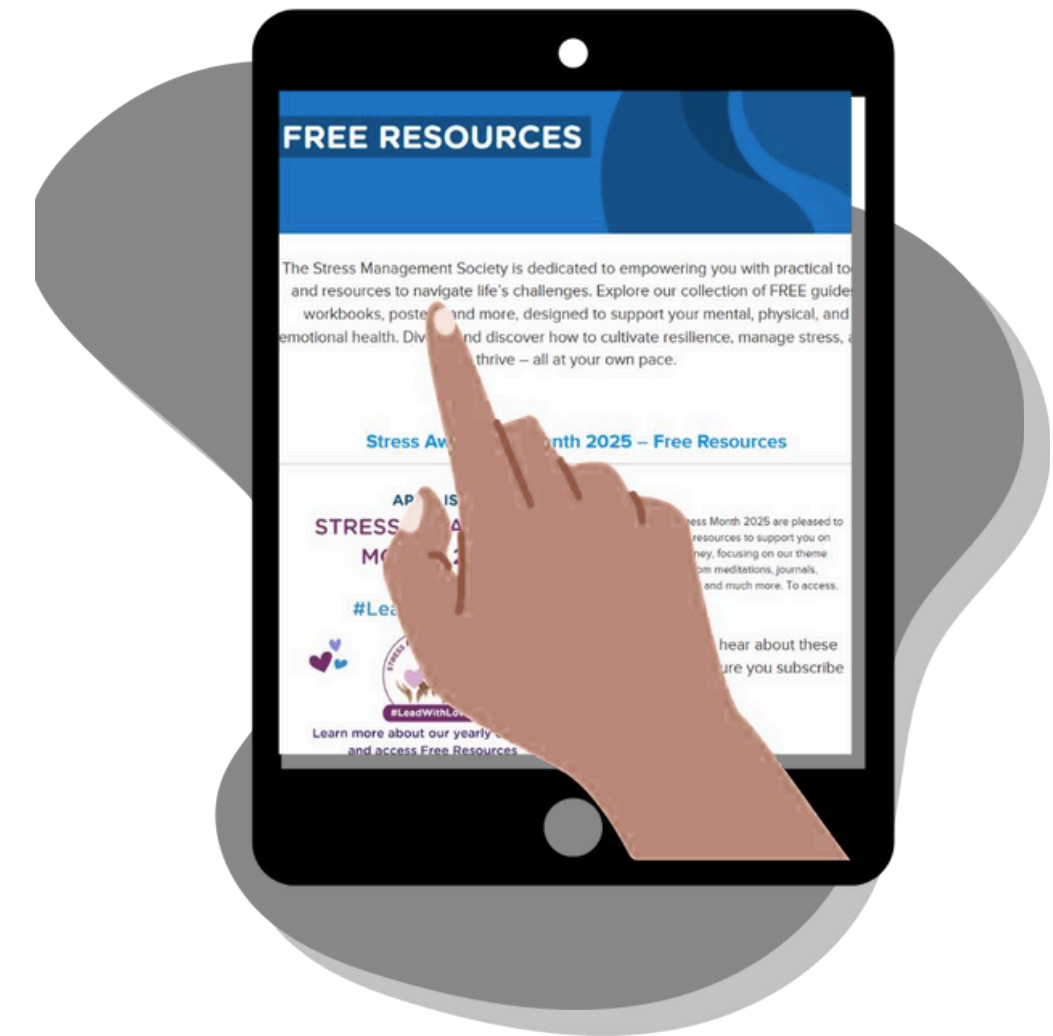
...and more.

SCAN ME



CHECK OUT OUR FREE RESOURCES

HAVE A LOOK ON OUR WEBSITE FOR A RANGE OF FREE RESOURCES!



JOIN BY CLICKING THE LINK IN THE CHAT

OUR PEOPLE, CULTURE AND WELLBEING FORUM

Are you a HR, Health and Safety Professional or Workplace Wellbeing Specialist?

Click the **link in the chat** and be part of our global community dedicated to enhancing the workplace culture around the world.

Sign up now for newsletters, webinars and further insights on workplace wellbeing so we can thrive together.

CULTURE

SIGN UP TO OUR WEEKLY NEWSLETTER

Do you care about creating a happier, healthier workplace where everyone can thrive?

Be part of our global Stress Management Society community and click **the link in the chat** to sign up for our newsletters — gain access to expert insights, inspiring webinars, and practical tools to create happier, healthier workplace cultures.



NEW PRODUCT - WELLBEING PROTECT

SIGN UP TO THE BE THE FIRST TO GET THE BENEFITS!

**USE CODE:
WELL50**

FOR 50% OFF THE ENTIRE PACKAGE FOR ONE MONTH



WAS THIS SESSION BENEFICIAL?

**IF THIS SESSION WAS BENEFICIAL
PLEASE LEAVE US A REVIEW**

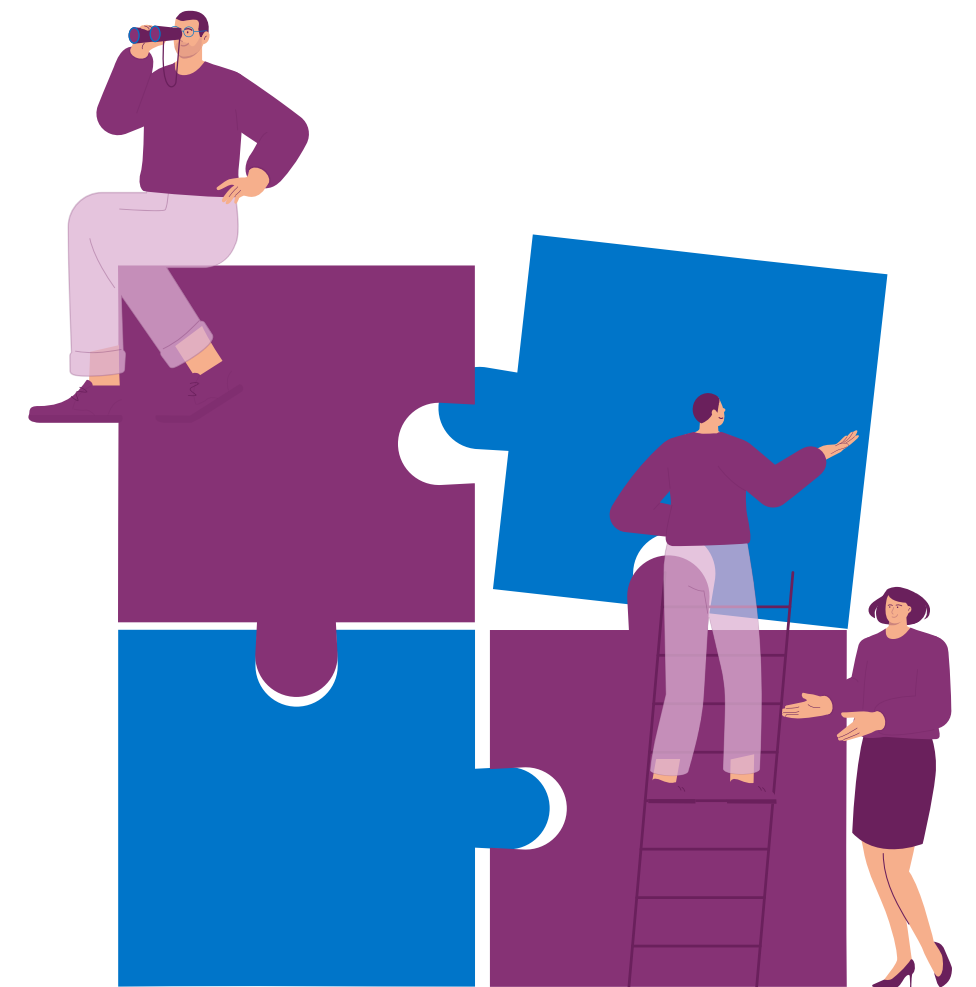


EMPLOYEE ASSISTANCE PROGRAMME SUPPORT

CONTACT US FOR A EAP REVIEW DISCUSSION

info@stress.org.uk

TO REQUEST OUR FREE EAP PURPLE PAPER



SUPPORT RESOURCES

MIND: Provides everyday support to those experiencing mental health issues. Call **0300 123 3393**

SAMARITANS:

www.samaritans.org provides 24/7 support to those experiencing mental health issues. Call **116 123**

HUB OF HOPE:

www.hubofhope.co.uk

WHAT RESOURCES DOES YOUR WORKPLACE HAVE AVAILABLE?

Australia: Lifeline 13 11 14

New Zealand : Lifeline NZ 0508 828 865

US: 988 Suicide and Crisis Lifeline

BEFRIENDERS WORLDWIDE:
www.befrienders.org

CRISIS TEXT LINE:

www.crisistextline.org

Offers 24/7 text-based support in the US, UK, Canada and Ireland

CLOSING CHECK-IN

**WHAT DO YOU NEED TO ASK, SHARE,
DISCUSS OR EXPLORE BEFORE WE
FINISH TODAY'S SESSION?**



THANK YOU

We look forward to supporting your wellbeing journey...



info@stress.org.uk



+44(0)203 142 8650



www.stress.org.uk
www.wellbeing.work



The Lighthouse, Suite S,
Quay West,
Salamander Quay,
Harefield, Middlesex
UB9 6NZ, U.K.