

SELF
COMPASSIONATE
CHRISTMAS
JOURNAL



By Eve da Silva

*COMPASSION FOCUSSED
TECHNIQUES
FOR A CALMER CHRISTMAS*



Christmas can be a tricky time, with all the pressure to be happy and make memories.

This journal is a commitment to put your mental health and well-being first. Because you deserve it.

Dear Reader,

As you make your way through the festive season, I want to remind you to practice self-compassion. The holidays can be a stressful time, with many expectations and pressures. It's easy to forget to take time for ourselves and to be gentle and kind to ourselves.

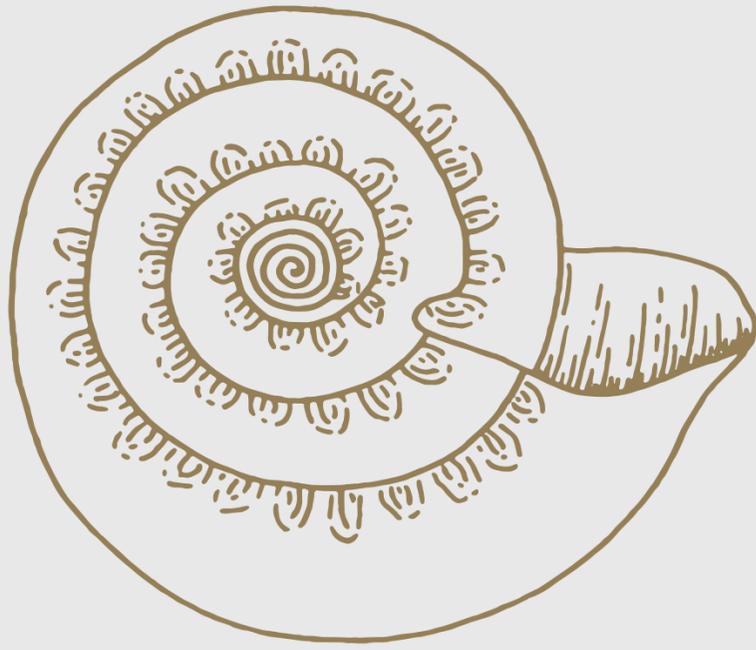
I encourage you to take a few moments to pause and reflect on the present moment. Acknowledge how you are feeling and what thoughts come up for you. Allow yourself to be with these feelings, without judgment.

It is okay to take a break from the hustle and bustle of the holidays and to do something that brings you joy. This could be something as simple as taking a walk in nature, reading a book, taking a nap, or calling a friend.

Remember, you are worthy of love and kindness, and you deserve to take care of yourself. You can choose to make self-compassion a priority, even during the holidays.

With love,

Eve



I will help myself
Ride the Wave

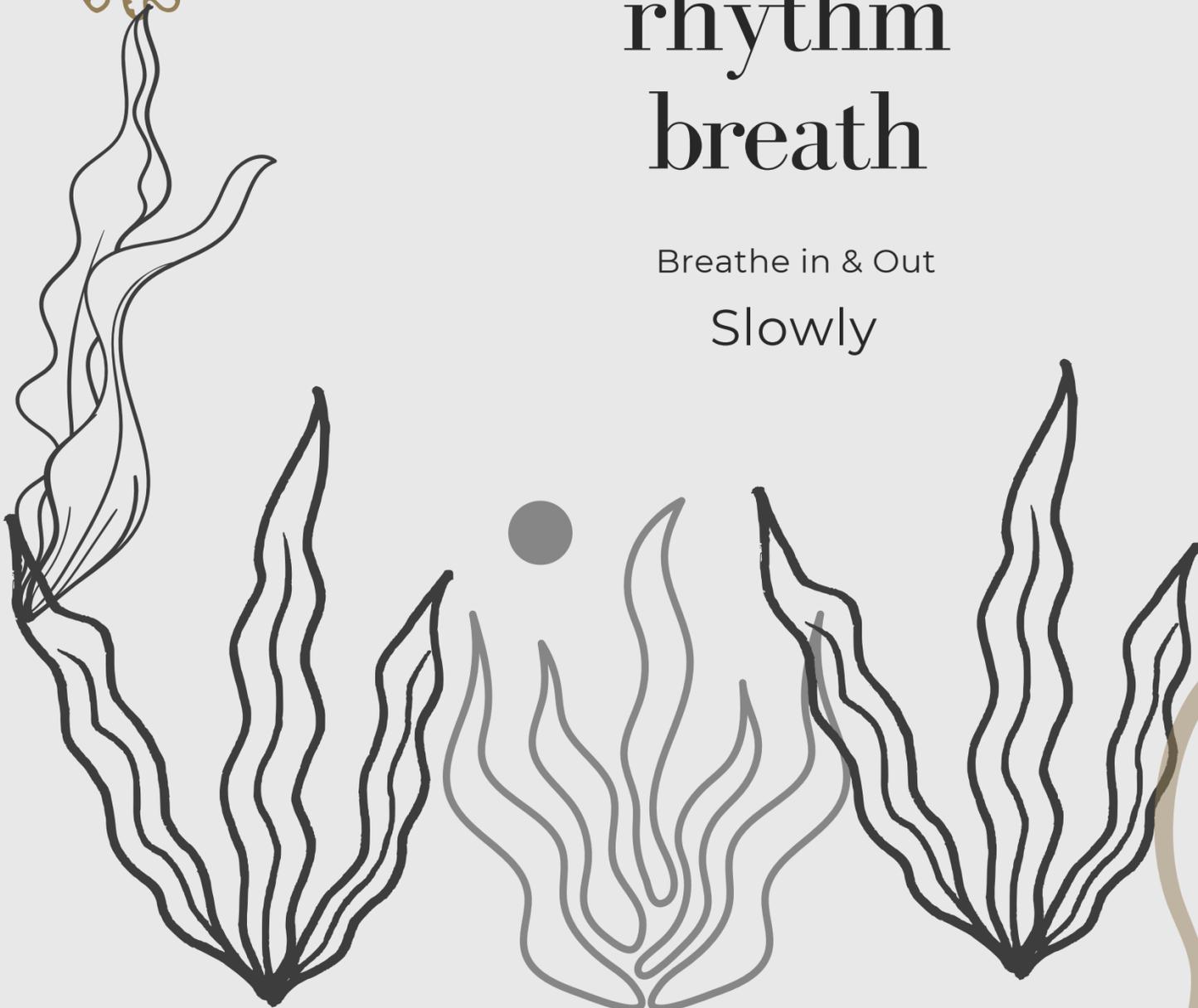
because
I deserve care



Taking a

**A soothing
rhythm
breath**

Breathe in & Out
Slowly



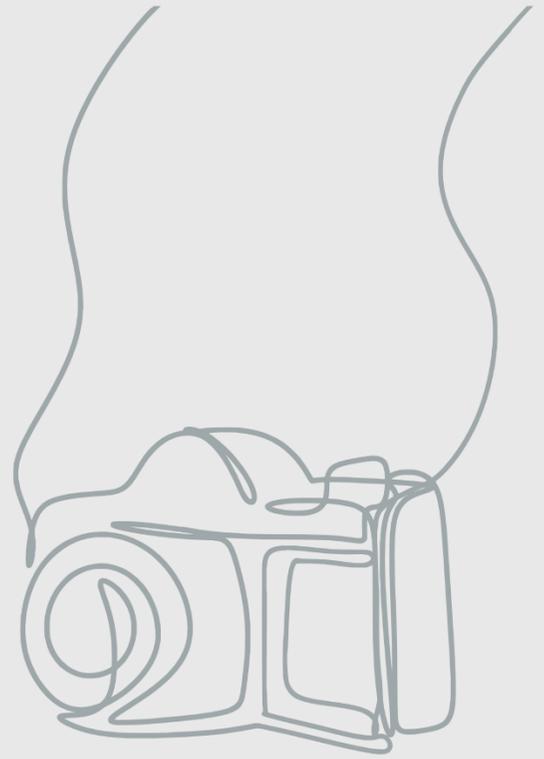




I remind myself that christmas can be a time that triggers memories, both good and bad, for me and for other people.

Since it's a confusing mix of good and bad, sadness and happiness, excitement and disappointment... I will remember not to blame myself for being tired, sad or even for things not going to plan. I will embrace the opportunity to be kind to myself.

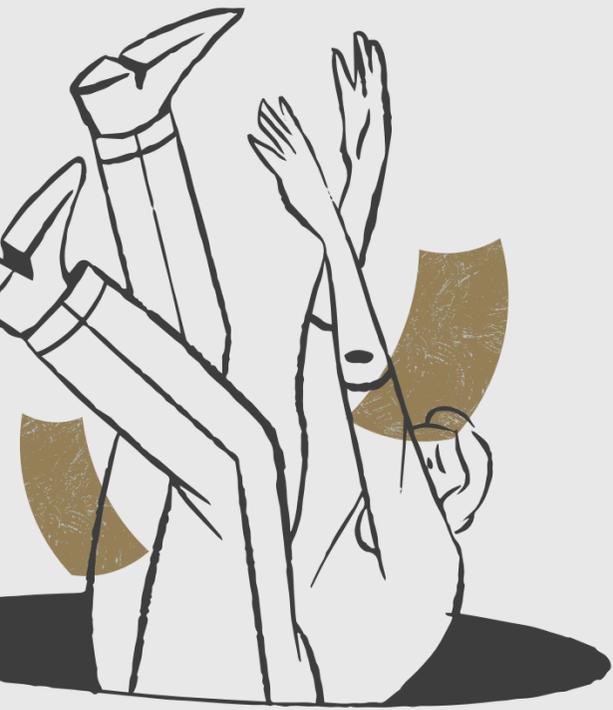




Here is

A snapshot of how I am feeling.

Because my feelings
Matter



The first step to recognising that my feelings matter, and that I matter, is pausing to notice and understanding what I feel.

These are my emotions...

They show up in my body in the form of....

They are understandable because....

If someone I loved and respected felt this way I would remind them....



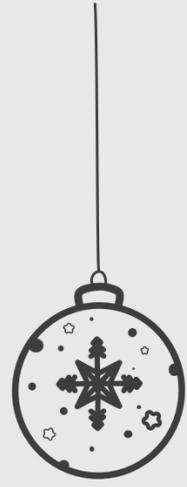




I remind myself

I am a precious piece of this
vast universe.

and my dreams and hopes
are important



Dear Me

I am proud of myself for taking the time to
built my self compassion and get in touch with
the wise part of myself. As part of that journey I am letting myself
take a leap of courage, and put my dreams and hopes to paper.

A grid of 14 columns and 15 rows of small brown dots, intended for writing a letter to oneself.



Dear Reader,

As we come to the end of this book, I want to take a moment to thank you for allowing me to be part of your journey towards self-compassion. The festive season can be a difficult time for many, and I am honored that you have chosen to use this book to help you practice self-compassion during this time.

The importance of self-compassion should not be underestimated. It is a powerful tool that can help us to cope with the challenges that life throws at us. When we are kind to ourselves, it helps us to accept our imperfections and to forgive ourselves for our mistakes. It also encourages us to connect with our inner wisdom, helping us to make decisions that are best for us and our wellbeing.

This festive season, I want you to remember the importance of self-compassion. Practicing it is not easy, but it is worth it. Take the time to be kind to yourself and to give yourself the love and respect you deserve.

I wish you a happy and peaceful festive season.

Warmly,

Eve