Bereavement and grief

Your 6 Ways to Wellbeing

west space

Grief can feel overwhelming. Whether your loss is recent or something you carry daily, there is no "right" way to grieve, and no fixed timeline.

These six ways to wellbeing, adapted for bereavement, are not about "fixing" grief. They are gentle invitations to support yourself, connect with others, and find small moments of comfort as you navigate life after loss.

You can explore the Six Ways in any order - there's no right or wrong place to start. Take your time, and choose the areas that feel most relevant to you right now. Here, we've included some simple ideas and suggestions to help you build the Six Ways into your everyday life.

Read on to find out more and try them out for yourself.

west space

Your Wellbeing Traffic Lights

For each of the 6 Ways to Wellbeing, think about how you feel right now. Then choose a colour below:

Red		**This is an area I find difficult or I'm not doing much of at the moment.**
Amber		**I'm doing some things in this area, but there's room for improvement.**
Green		**I feel confident and positive in this area.**

Focus first on Red or Amber areas. Small steps-like checking in with a friend or taking a short walk-can grow into something meaningful over time.

There's no right or wrong answer. This is just a tool to help you reflect and take positive steps for your wellbeing.

west space

Your Wellbeing Traffic Lights

Feeling in control of money reduces stress. This could mean making a budget, getting advice, or taking small steps to plan ahead.

Paying attention to what's around us helps us feel present. You might notice nature, savour a meal, or pause to breathe.

Building strong relationships helps us feel supported. This could mean spending time with family, friends, or joining a group.

Learning new things keeps our minds active and builds confidence. Try a new hobby, recipe, or skill.

Moving our bodies boosts mood and energy. It doesn't have to be sport - it could be walking, dancing, or stretching.

Helping others gives us purpose and joy. You could volunteer, offer your time, or do something kind for a neighbour.

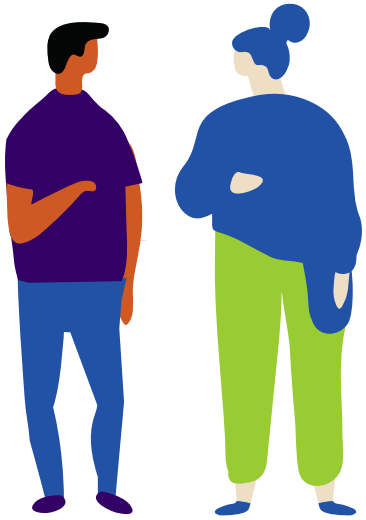
west space

Financial wellbeing

It's okay to ask for help sorting things out - you don't have to face it all at once.

Loss can bring unexpected financial strain, adding extra layers of stress to an already difficult time. It is understandable to feel overwhelmed, but you do not have to carry this alone.

Taking small, manageable steps can help you regain a sense of stability and control. Seeking guidance and support is not failure; it is a way of caring for yourself and your future. Practical help exists, and you deserve to access it.



Financial Wellbeing

- Check your entitlements. You may be eligible for bereavement support payments, Universal Credit, or other local allowances. West Lothian Advice Shop and Citizens Advice can guide you.
- Take small steps with finances. Set aside brief, manageable time to review bills, bank statements, or upcoming payments. Even 10-15 minutes helps reduce stress.
- Reach out for guidance. Trusted friends, family, or organisations like Citizens Advice and Money Advice Services can provide practical and emotional support.
- Ask about one-off grants or crisis support. Scottish Welfare Fund grants may cover urgent needs like household items or utilities during periods of bereavement.
- Be gentle with yourself. Financial management while grieving doesn't have to be perfect - small, consistent steps count.

Financial wellbeing worksheet

Reminder

You are doing your best in a hard situation. Reaching out for financial support is an act of self-compassion.

Use this space to think about ways to feel more in control of your money and reduce stress.

- What financial tasks or worries feel most pressing right now?
- Who or what could help you take one small step forward?

Take notice

Notice how you're feeling, moment by moment – there's no right way to grieve.

Grief can feel unpredictable. Some days might bring deep sadness or anger; others may offer a small sense of calm. By noticing what you feel, without judgment, you allow yourself to move gently through each moment. Paying attention to your surroundings can also bring small anchors of peace when the world feels unsteady.

Practising mindfulness during grief does not mean forcing calm. It means honouring whatever arises and finding brief moments of steadiness within it.

Take Notice

- Allow yourself to feel whatever comes. Grief changes from day to day.
- Notice small comforts: a warm drink, birdsong, light through the window.
- Pause for a deep breath, a gentle stretch, or to focus on something calming.
- Try journaling or writing down your thoughts. It can help you process.
- Try to accept the small comforts when they come and don't feel guilty for enjoying them. Even little moments of warmth or peace can make a real difference.
- Step outside when possible in green spaces like Beecraigs Country Park, Almondell and Calderwood, or local neighbourhood parks where short walks can help you notice and connect with your surroundings.

Take notice worksheet

Reminder

There is no right way to grieve. Every feeling has a place in your healing.

Use this space to explore ways to be more mindful and aware of the present moment.

- What emotions are most present for you today?
- What small things such as sights, sounds, or sensations bring you a moment of calm or comfort?

Connect

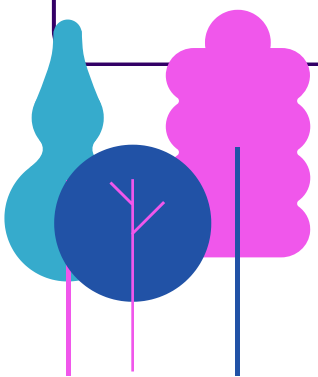
Lean on people who listen with care - grief isn't meant to be carried alone.

Grief can make even familiar spaces feel distant. You might find it hard to reach out, or worry that others will not understand. Yet connection, in small, safe ways, can remind you that you are held by others, even when words are hard to find. Being with people who listen without trying to fix your pain can offer comfort and help you feel less alone.

Reach out when you can, whether through conversation, shared silence, or simply being near someone you trust. Every moment of connection is a step toward healing.

Ways to Connect

- Talk to someone you trust, even briefly, to share how you are feeling.
- Join a bereavement support group or speak with a bereavement charity. Others who understand can provide comfort.
- Accept offers of help when you can; letting others support you is an act of courage.
- Connection does not always mean talking. Quiet company can be just as healing.
- Check in regularly. Even small interactions - a text, phone call, or short visit - maintain your social support network.
- Share memories or stories. Talking about the person you've lost with someone who listens can strengthen connection and aid healing.



Connect worksheet

Reminder

You do not have to face grief in isolation. Letting others in is a sign of strength, not weakness.

Use the space below to explore ways you can connect with others. Think about what works for you and add your own ideas.

- When have you felt comforted by someone's presence?
- What kind of connection feels most healing to you right now: talking, listening, or quiet company?

Keep learning

You're learning to live with loss, and that takes courage and patience.

After loss, the world can feel unfamiliar. You may find yourself questioning who you are now, or how to keep going. Learning, in this context, means gently exploring what helps you adapt and care for yourself in this new chapter. It is about curiosity, not pressure or productivity.

This might include learning about the grieving process, trying new coping tools, or rediscovering strengths that were hidden before. Each new understanding, no matter how small, can bring light into dark spaces.

Keep Learning

- Learn a little about grief. Understanding that what you're feeling is normal can take some of the pressure off. You don't have to "get it right."
- Try something creative. Even small things like gardening, painting, knitting, or doodling can bring comfort and give your mind a gentle break.
- Read or listen when you can. Short articles, podcasts, or books about grief and self-care can give ideas and reassurance. West Space lists local support and resources in West Lothian.
- Try little changes to your routine or self-care, and notice what makes a difference — even tiny steps count.
- Celebrate small wins. Completing a simple task, taking a short walk, or noticing a moment of peace - all of these are real achievements.

Keep learning worksheet

Reminder

Learning through grief is not about moving on; it is about learning how to live alongside your loss.

Use this space to think about ways to try new things and keep your mind active.

- What have you learned about yourself since your loss?
- Is there something you would like to explore or try that might bring comfort or meaning?

Be active

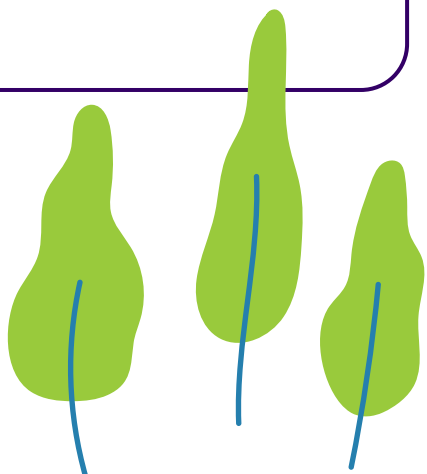
Gentle movement can help release emotions and steady your body.

Grief does not just live in the heart. It can weigh on the body too. Gentle movement can help ease tension and reconnect you with your physical self. This is not about exercise goals or achievement; it is about listening to what your body needs and responding with kindness.

Even the smallest actions such as stretching, walking to the window, or breathing deeply can help you release some of the heaviness and bring moments of calm.

Be Active

- Take a short walk outside. Nature can be a quiet, supportive companion.
- Try light stretching, yoga, or breathing exercises to ease tension.
- Dance or sway to music that soothes you.
- Combine movement with nature. Sitting outside for a few minutes, noticing trees, birds, or light, counts as both activity and a mindful pause.
- Go at your own pace. Even tiny bits of movement matter. There's no "right" amount - just noticing what helps you feel a little steadier.



Be active worksheet

Reminder

There is no rush. Movement is most healing when it feels kind, not forced.

Use this space to think about ways you can move more and stay active.

- How does your body feel today?
- What small movement or activity helps you feel grounded?

Give

Sharing memories or kindness can help you feel connected again.

When grieving, kindness can feel out of reach, but it is often the gentlest way forward. Small acts of compassion, whether towards yourself or others, can help rebuild a sense of connection and meaning. Giving does not have to be grand; even acknowledging your own pain with gentleness is an act of care.

When you offer kindness, you create small ripples of healing for yourself and those around you.

Give

- Be gentle with yourself. Rest, cry, or take time out without guilt.
- Offer a kind word or share a memory with someone else who is grieving.
- Try small gestures of kindness in daily life such as a thank you, a smile, or a helping hand.
- Remember that your grief itself is an expression of love, and that too is a gift.
- Connect through local support. West Lothian and West Space offer bereavement peer groups and community activities where giving and receiving support is shared

Give worksheet

Reminder

Your love and your grief are deeply connected. Caring for yourself honours both.

Use this space to explore ways you can help or support others.

- What does being kind to yourself look like right now?
- Who might need a small act of kindness from you today, and how could you offer it?

The 6 Ways to Wellbeing

Final Thoughts

There is no timetable for grief. Healing does not mean forgetting or being strong all the time. It means learning to live with both love and loss, side by side.

You do not have to do everything at once. Even one small action, like checking in with a friend or offering a kind word, can make a difference. These small moments of care help you feel more connected and supported.

Think of it as planting a seed. One gentle act can grow into something meaningful over time.

Share this guide with others. When we support each other, we build stronger, kinder communities, and that helps everyone's wellbeing.

For more ideas, local resources, and community support, visit:

Your thoughts...

This space is yours. Use it to jot down ideas, reflections, or anything that comes to mind as you explore the Six Ways to Wellbeing.

There's no right or wrong way to do it. It's simply a space to pause, reflect, and capture whatever feels helpful in the moment.

Your thoughts...

Stay in touch

@WestSpaceTweets

@WestSpace

www.westspace.org.uk

westspace@health-in-mind.org.uk

west space