Moving house

Your 6 Ways to Wellbeing

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Moving house can be one of life's most stressful experiences. It's even harder when it's not your choice or when it's tied to grief, loss, financial pressure, or big changes like separation or children leaving home.

You might be facing a move to emergency accommodation, downsizing, or staying somewhere that doesn't feel like "home." If you're feeling unsettled, anxious, or overwhelmed, you're not alone.

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.

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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.

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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.

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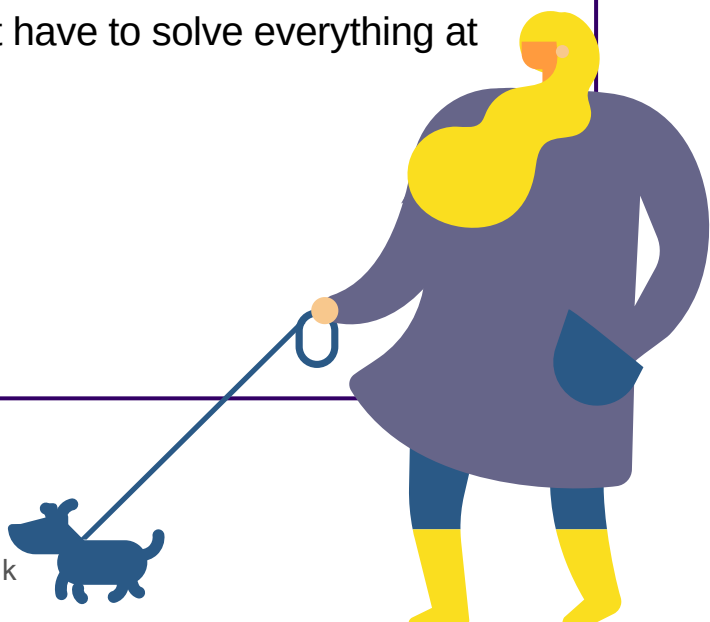
Financial wellbeing

Budgeting and asking for help can ease the stress of a big move.

Moving can bring unexpected financial pressures, especially when the move is sudden or out of your control. Worrying about money can add extra stress to an already difficult situation, but you do not have to manage it alone. Reaching out for financial guidance and taking small steps toward stability can help ease anxiety and give you back a sense of control.

Financial Wellbeing

- Keep a note of essential spending so you feel more aware and in control, even if things are tight.
- Reach out to organisations that offer financial advice, housing support, or help with essentials. There is no shame in asking.
- If you have lost items or stability in the move, explore local crisis support or hardship funds.
- Consider second-hand options. Furniture, household items, and kitchenware can often be found via local groups, charity shops, or online community swaps - cheaper than buying new.
- Take it one day at a time. You do not have to solve everything at once.



Financial wellbeing worksheet

Reminder

Asking for help is a strength, not a failure. You deserve support and dignity, always.

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

- What financial worries are weighing most heavily on you right now?
- What small step could you take to ease that pressure?

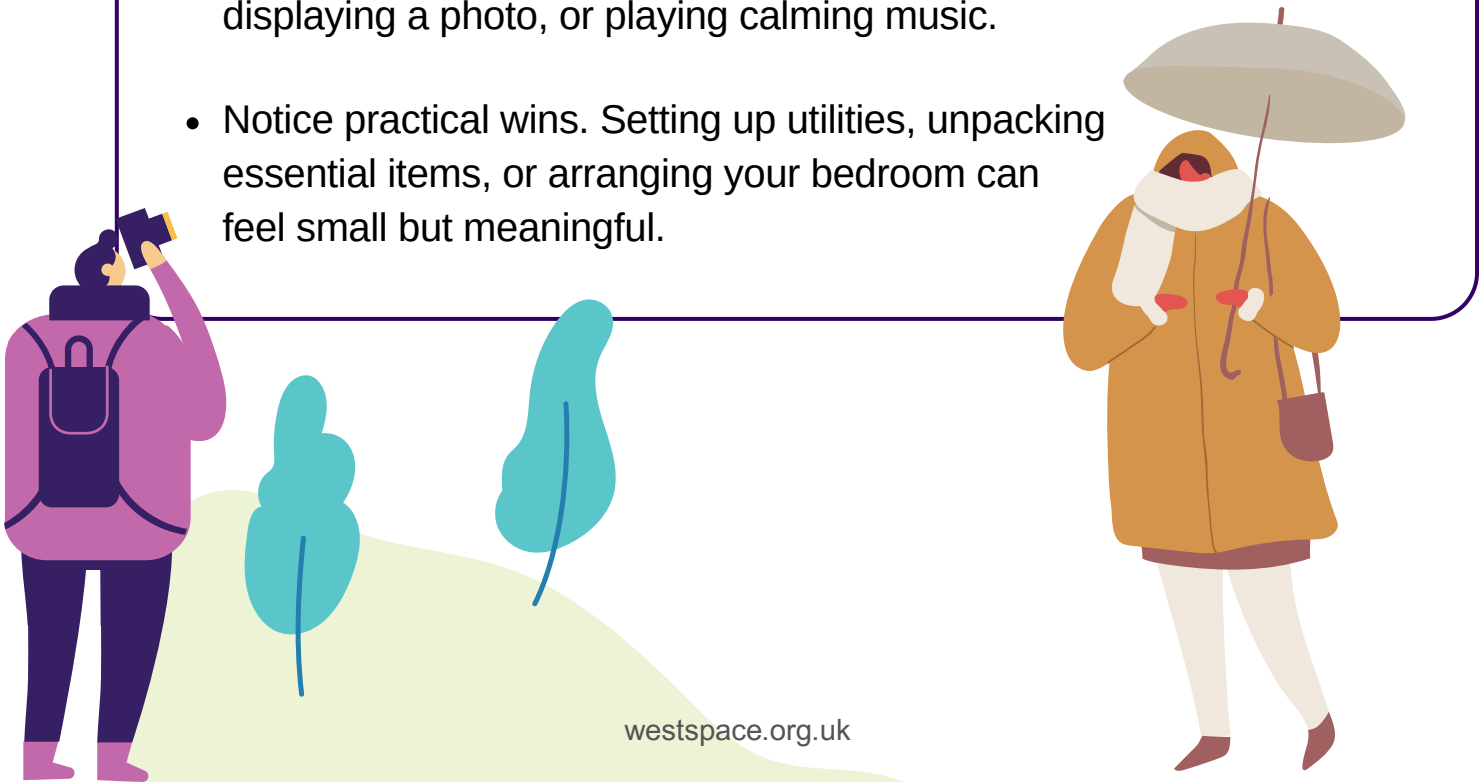
Take notice

Take a breath and appreciate small moments of progress.

Change often brings loss, uncertainty, and moments of beauty all at once. It is okay to grieve what you have left behind while also noticing small moments of hope in the present. Paying attention to your emotions, surroundings, and small comforts can help you stay grounded when everything else feels new or unsettled.

Take Notice

- Notice what feels hard today and what feels manageable. Even small achievements, like unpacking one box or setting up a workspace, are steps forward.
- Pause to appreciate small moments: a quiet cup of tea, a kind word, or a moment of peace.
- Be curious, not critical, about how you are feeling. This is a big change.
- Create a small comfort ritual, such as lighting a candle, displaying a photo, or playing calming music.
- Notice practical wins. Setting up utilities, unpacking essential items, or arranging your bedroom can feel small but meaningful.



Take notice worksheet

Reminder

Acknowledging your feelings helps you honour your experience and understand your emotions.

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

- What small moments have brought you comfort today?
- What helps you stay present and grounded when emotions feel heavy?

Connect

Stay in touch with familiar faces and start building new connections too.

Feeling uprooted can make you feel isolated. When your surroundings change, it is natural to feel disconnected from the people and places that once made you feel at home. Rebuilding a sense of belonging takes time, and it often starts with small moments of connection. Whether you reach out to someone you trust, join a new group, or simply sit with a friendly face, these moments remind you that you are not alone in what you are feeling.

Ways to Connect

- Let someone close to you know how you are really feeling about the move. Sharing helps ease the weight.
- If you have moved to a new area, look for local groups or drop-ins. It is okay to go slowly. Building connections takes time; even small steps matter.
- Stay in touch with people who make you feel safe and known, even if it is just a text.
- If you are in temporary accommodation, connect with support workers, housing officers, or community teams who can listen and help.
- Use peer networks. Online or in-person local groups can help you exchange tips, swaps, or support.
- Check-in with neighbours. Even a short hello can help you feel rooted and build a sense of belonging.

Connect worksheet

Reminder

You deserve connection and support, no matter your circumstances or postcode.

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

- What kinds of connections make you feel most at home?
- What is one small way you could reach out or let someone in this week?

Keep learning

You're learning to adapt to a new space and routine - give it time.

Even in difficult times, you are learning. Each day teaches you something about your resilience, your needs, and what helps you feel safe. Learning here does not mean studying or achieving. It is about discovering new ways to adapt and look after yourself, even when life feels uncertain. This kind of learning can help you rebuild a sense of control and confidence in your new situation.

Keep Learning

- Learn the essentials of your new home. Understand heating, water, bins, or internet setup. Small practical knowledge reduces stress.
- Discover your neighbourhood. Note local shops, bus stops, parks, libraries, and community centres in West Lothian to feel more settled.
- Explore local services. Use West Space to find nearby support for money, housing, health, or wellbeing.
- Try new routines. Adjust meal times, study spaces, or cleaning schedules to fit your new environment. Flexibility is part of learning.
- Be patient with yourself. Adjusting to a new home takes time; every small skill or piece of knowledge is progress.

Keep learning worksheet

Reminder

You are not just surviving. You are growing, even when it does not feel like it.

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

- What new routines or habits are starting to support you?
- How could you show yourself encouragement as you learn and adjust?

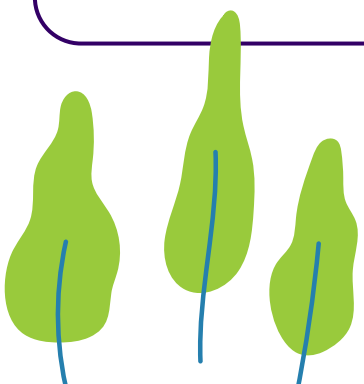
Be active

Unpacking, walking the new neighbourhood - it all counts as movement.

Moving can take a toll on both your body and mind. You might be physically tired, emotionally drained, or struggling to settle into a new rhythm. Gentle movement, especially outdoors, can help release tension and give your mind space to breathe. It is not about fitness or goals; it is about noticing how movement can help you feel more present and capable, even for a few moments.

Be Active

- Take short walks around your new area, even just to explore a green space or find the nearest shop.
- Stretch your body when you feel tense. Your muscles are carrying a lot right now.
- Use movement as a reset when emotions run high. Go for a walk, put on music, or do something physical.
- If you have left familiar routines behind, try reintroducing small habits that help you feel like yourself again.
- Join local exercise opportunities. West Lothian community centres and libraries sometimes offer parent-and-child classes, gentle exercise sessions, or community walks — check West Space for groups.



Be active worksheet

Reminder

You are allowed to take up space and care for your body, even if your surroundings feel temporary.

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

- What kinds of movement help you feel calmer or more like yourself?
- How does your body tell you it needs rest or care?

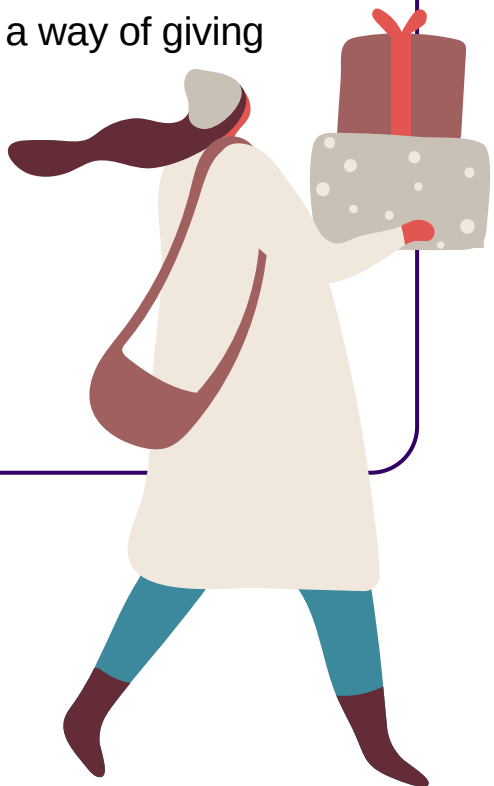
Give

Share a smile, a chat, or a helping hand - it helps new places feel like home.

When life feels uncertain, it can be hard to feel like you have anything left to give. Yet even small acts of kindness, towards yourself or others, can restore a sense of meaning and connection. Giving does not always mean doing more; it can mean being gentle with yourself, offering patience, or showing someone else that they are not alone.

Give

- Say something encouraging to yourself each morning, such as “I am doing the best I can.”
- Let someone else know they are not alone. Support goes both ways.
- Offer yourself grace when things feel messy or slow.
- If you can, help a neighbour or chat with someone else who is new. Connection often begins with kindness.
- Give attention to your surroundings. Making a small corner of your new home cosy with a photo, plant, or candle is a way of giving care to yourself.
- Give recognition for everyday wins. Completing a small task, exploring the neighbourhood, or unpacking essentials are all steps forward.



Give worksheet

Reminder

Giving does not have to mean doing more. It can mean showing up for yourself with care.

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

- What kind act, big or small, have you offered to yourself or someone else recently?
- In what small ways could you show care today?

The 6 Ways to Wellbeing

Final Thoughts

Moving, especially when it is beyond your control, can shake your sense of safety, identity, and home. Whatever this transition looks like for you, remember that you are allowed to feel what you feel. You are still worthy of stability, care, and peace.

You might not feel settled right away, but with time, support, and self-compassion, safety can return. Small steps matter. And you do not have to take them alone.

And don't keep it to yourself! Share this guide with friends, family, or neighbours. We all face challenges, and sometimes just knowing someone else is trying too can be incredibly reassuring. When we support each other, we build stronger, more compassionate communities - and that's good for 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

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