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Mental Health & Wellbeing

Disclaimer

This workbook has been created by Safe Haven Connect CIC to provide general mental health information, self-help guidance and wellbeing activities.

The information in this workbook is for educational and self-help purposes only. It is not a substitute for professional medical advice, diagnosis or treatment.

Safe Haven Connect CIC is not a healthcare provider, and this workbook should not be used to diagnose or treat any mental health condition.

If you are concerned about your mental or physical health, please speak to your GP or another qualified healthcare professional.

If you feel you or someone else is at immediate risk of harm, contact your local emergency services or an appropriate crisis support service immediately.

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PAGE 1 – Understanding Grief

 What is grief?

Grief is a natural response to loss. While many people associate grief with the death of a loved one, it can also follow the loss of a relationship, a job, a home, a pet, your health or a significant life change.

Everyone grieves differently.

There is no right or wrong way to grieve, and there is no set timeline for healing.

 Common feelings during grief

- ☐ Sadness
- ☐ Anger
- ☐ Guilt
- ☐ Shock
- ☐ Numbness
- ☐ Loneliness
- ☐ Confusion
- ☐ Anxiety
- ☐ Difficulty sleeping
- ☐ Difficulty concentrating

 Reflection

How has grief affected you?

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PAGE 2 – How Am I Feeling Today?

Grief changes from day to day.

Take a moment to check in with yourself.

Date

Today I feel...

- ☐ Sad
- ☐ Calm
- ☐ Angry
- ☐ Lonely
- ☐ Hopeful
- ☐ Numb
- ☐ Overwhelmed
- ☐ Grateful
- ☐ Other

My emotions today

What do I need today?

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PAGE 3 – Taking Care of Yourself

When you're grieving, looking after yourself can feel difficult.

Choose one or two small steps today.

♥ Today's Checklist

- ☐ Drink enough water.
- ☐ Eat something nourishing.
- ☐ Get some fresh air.
- ☐ Rest when I need to.
- ☐ Talk to someone I trust.
- ☐ Spend time in nature.
- ☐ Take five deep breaths.
- ☐ Be patient with myself.
- ☐ Accept my feelings without judgement.
- ☐ Do one thing that brings me comfort.

♥ My goal for today

♥ One thing that helped today

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PAGE 4 – Understanding the Grieving Process

Grief is not a straight line.

Some days you may feel stronger.

Other days the loss may feel just as painful as it did at the beginning.

This is a normal part of grieving.

There is no "right" way to grieve.

♥ You may experience...

☐ Good days

☐ Difficult days

☐ Unexpected emotions

☐ Moments of happiness

☐ Moments of sadness

☐ Feeling angry

☐ Feeling guilty

☐ Feeling numb

☐ Missing someone deeply

☐ Feeling exhausted

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 How has grief changed for me over time?

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PAGE 5 – Remembering Someone Special

Keeping memories alive can be an important part of healing.

 Today I want to remember...

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 My favourite memory

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 Something they taught me

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 What I miss the most

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PAGE 6 – Understanding My Feelings

Grief can bring many emotions, sometimes all in one day.

Every feeling is valid.

 Today I feel...

☐ Sad

☐ Angry

☐ Guilty

☐ Lonely

☐ Confused

☐ Hopeful

☐ Numb

☐ Anxious

☐ Grateful

☐ Other

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 The strongest feeling I'm experiencing today is...

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 What might have caused this feeling?

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PAGE 7 – Finding Comfort

Healing doesn't mean forgetting.

It means learning how to carry your memories while continuing to live your life.

 Things that bring me comfort

☐ Talking to someone

☐ Looking at photographs

☐ Visiting a special place

☐ Spending time with family

☐ Spending time in nature

☐ Listening to music

☐ Writing in a journal

☐ Lighting a candle

☐ Quiet reflection

☐ Other

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 One thing I'll do for myself this week

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 One message I want to remember

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 Remember

Grief is a reflection of love.

Be patient with yourself.

Take one day at a time.

It's okay to smile.

It's okay to cry.

It's okay to remember.

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PAGE 8 – Looking After Yourself While Grieving

Grief can leave you feeling emotionally and physically exhausted. Looking after yourself doesn't mean forgetting your loss—it means giving yourself the strength to keep going.

 Today I will...

☐ Drink enough water.

☐ Eat something nourishing.

☐ Rest if I need to.

☐ Spend time outdoors.

☐ Accept my emotions.

☐ Speak to someone I trust.

☐ Take a short walk.

☐ Be patient with myself.

☐ Take a break without guilt.

☐ Do something comforting.

 One act of self-care I'll do today

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PAGE 9 – A Letter From My Heart

Writing can help us express feelings that are difficult to say out loud.

Write a letter to the person you've lost, or to yourself if you're grieving another kind of loss.

Dear...

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PAGE 10 – When Grief Feels Heavy

Some days will feel harder than others.

When those days come, remind yourself that you don't have to carry everything alone.

 When I'm struggling, I can...

☐ Talk to someone I trust.

☐ Spend time with family.

☐ Visit a meaningful place.

☐ Read through this workbook.

☐ Listen to calming music.

☐ Go for a gentle walk.

☐ Write in my journal.

☐ Practice deep breathing.

☐ Rest without guilt.

☐ Reach out for support.

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 What usually helps me the most?

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PAGE 11 – Hope Doesn't Mean Forgetting

Healing doesn't mean leaving someone behind.

It means learning to carry their memory with you while continuing your own journey.

💚 Today I will remember...

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💚 One thing I want to carry forward from this person or experience

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💚 One hope I have for the future

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💚 Remember

Grief has no timetable.

Be gentle with yourself.

Allow yourself to feel.

Allow yourself to heal.

And remember...

Love never truly disappears—it lives on in our memories, our actions and the lives we've shared. 💚

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PAGE 12 – Coping with Special Dates

Birthdays, anniversaries, holidays and important occasions can make grief feel more intense.

Planning ahead can help you feel more prepared.

 This special date is...

 On this day I would like to...

☐ Spend time with family.

☐ Visit a special place.

☐ Light a candle.

☐ Look through photographs.

☐ Listen to meaningful music.

☐ Take some quiet time.

☐ Talk to someone.

☐ Other

 One thing that would help me

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PAGE 13 – My Support Network

Grief can sometimes feel lonely, but you don't have to face it by yourself.

 People who support me

Family

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Friend

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Neighbour

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Support Group

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Healthcare Professional

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Other

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 When I need support, I will...

☐ Call someone.

☐ Meet a friend.

☐ Join a support group.

☐ Spend time with family.

☐ Ask for help.

☐ Be honest about how I'm feeling.

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PAGE 14 – Remembering the Good Times

Grief often focuses our attention on what we've lost.

Today, spend a few moments remembering the moments that still make you smile.

 My happiest memory

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 Something that always makes me smile

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♥ A quality I admired

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PAGE 15 – Weekly Reflection

Take a few moments to reflect on this week.

♥ This week I have learned...

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♥ Something that helped me...

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♥ One thing I'm proud of...

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♥ My hope for next week...

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Remember

Grief changes with time, but love and memories remain.

Take each day as it comes.

There is no right pace for healing.

Treat yourself with the same compassion you would offer someone you care about.

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PAGE 16 – Looking After Your Wellbeing

Grief can affect your body as well as your emotions. Looking after yourself is an important part of healing.

 Today I will...

☐ Drink enough water.

☐ Eat regular meals.

☐ Get some fresh air.

☐ Rest if I need to.

☐ Go for a gentle walk.

☐ Accept my emotions.

☐ Spend time with someone I trust.

☐ Be kind to myself.

☐ Take one small step today.

 One thing I'll do for myself today

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PAGE 17 – Understanding Guilt

Many people experience guilt after a loss.

You may find yourself thinking:

"I wish I had..."

"What if..."

"If only..."

These thoughts are common, but they don't always reflect reality.

Be gentle with yourself.

 Is there something I'm finding hard to let go of?

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 What would I say to a friend feeling this way?

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PAGE 18 – Honouring Their Memory

Finding meaningful ways to remember someone can bring comfort.

 I would like to...

☐ Create a memory box.

☐ Plant a tree or flowers.

☐ Look through photographs.

☐ Cook their favourite meal.

☐ Visit a special place.

☐ Write about them.

☐ Donate to a cause they cared about.

☐ Share stories with family or friends.

☐ Light a candle.

☐ Other

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 A memory I'll always treasure

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PAGE 19 – Looking Towards Tomorrow

Healing doesn't mean forgetting.

It means learning to carry your love and memories while continuing to live your own life.

 My hopes for the future

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 One thing I'd like to do in the coming weeks

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 One positive step I'll take tomorrow

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Remember

Grief is one of the hardest journeys we can experience.

There is no finish line.

Take each day at your own pace.

Be patient with yourself.

Allow yourself to remember.

Allow yourself to heal.

And never forget...

Love leaves a lasting mark that time can never erase. 

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PAGE 20 – Understanding Acceptance

Acceptance doesn't mean you're "over" your loss.

It means recognising that the loss has become part of your life while allowing yourself to keep moving forward.

You can continue to love and remember someone while also allowing yourself to experience happiness again.

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 Today I accept...

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♥ One thing I am learning to live with

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PAGE 21 – Finding Hope Again

Hope doesn't appear all at once.

It grows through small moments.

A conversation.

A smile.

A memory.

A peaceful walk.

A good night's sleep.

Every small step matters.

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♥ Today gave me hope because...

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♥ One thing I'm looking forward to

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PAGE 22 – My Personal Recovery Plan

There is no right or wrong way to grieve.

Your recovery is unique to you.

 Things that help me heal

☐ Talking to someone

☐ Spending time with family

☐ Looking at photographs

☐ Walking

☐ Spending time in nature

☐ Writing

☐ Listening to music

☐ Quiet reflection

☐ Prayer or spirituality

☐ Creative activities

☐ Other

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 Three things I will continue doing

1.

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2.

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3.

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PAGE 23 – My Journey Continues

Congratulations on completing another part of your healing journey.

Remember...

 There is no deadline for grief.

 Healing doesn't mean forgetting.

 Love continues through memories.

 Some days will be easier than others.

 Every emotion you experience is valid.

 You are allowed to laugh again.

 You are allowed to live again.

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 My message to myself

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 My promise

I promise to be patient with myself, ask for support when I need it, and take each day one step at a time.

Signature (Optional)

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Date

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 Final Reminder

Grief is a journey, not a destination.

There will be days when memories bring tears, and days when they bring smiles.

Both are part of healing.

Carry the love forward, be kind to yourself, and remember that you never have to face life's challenges alone.

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PAGE 24 – Caring for Yourself After Loss

Healing takes energy. Looking after your physical and emotional wellbeing can help you cope with grief.

 Today I will...

☐ Drink enough water.

☐ Eat something nourishing.

☐ Rest if I need to.

☐ Get some fresh air.

☐ Take a gentle walk.

☐ Speak to someone I trust.

☐ Accept my emotions.

☐ Be kind to myself.

☐ Take one small step forward.

 One thing I'll do for myself today

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PAGE 25 – My Gratitude Journal

Grief and gratitude can exist together.

Being grateful doesn't mean you miss someone any less.

It simply means you're noticing moments of light alongside the pain.

💚 Today I'm grateful for...

1.

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2.

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3.

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💚 Something that made me smile today

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💚 One happy memory I thought about today

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PAGE 26 – Looking Back With Love

The people we love shape who we are.

Their kindness, laughter and lessons can stay with us forever.

 One lesson they taught me

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 One quality I admire about them

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 One way I can honour their memory

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PAGE 27 – My Weekly Reflection

Take a few moments to reflect on your week.

 This week I managed by...

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♥ Something that helped me...

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♥ One thing I'm proud of...

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♥ My hope for next week...

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♥ Remember

Healing isn't about forgetting.

It's about learning to carry your memories with love while continuing your own journey.

Take one day at a time.

Take care of yourself.

And remember...

You are never alone. ♥

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PAGE 28 – Looking After Your Physical Health

Grief can affect your appetite, sleep and energy levels. Looking after your physical health can help support your emotional wellbeing.

 This week I will...

☐ Drink more water.

☐ Eat regular meals.

☐ Go for a gentle walk.

☐ Stretch my body.

☐ Get fresh air.

☐ Try to keep a regular sleep routine.

☐ Accept that some days are harder than others.

☐ Rest without feeling guilty.

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 One healthy habit I'll focus on

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PAGE 29 – My Support Circle

It's okay to lean on others while you're grieving.

You don't have to carry everything alone.

 People I can turn to

Family

Friend

Healthcare Professional

Support Group

Other

 When I'm struggling I will...

☐ Call someone.

☐ Meet a friend.

☐ Go for a walk.

☐ Read this workbook.

☐ Write in my journal.

☐ Allow myself to cry.

☐ Accept support.

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PAGE 30 – My Strength Through Grief

Grief changes us, but it can also remind us of the strength we never knew we had.

 Through this journey I have shown...

☐ Courage

☐ Love

☐ Patience

☐ Compassion

☐ Strength

☐ Kindness

☐ Hope

☐ Resilience

☐ Determination

☐ Other

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 One strength I've discovered

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 One thing I'm proud of

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PAGE 31 – Looking Forward With Love

As you continue your journey, remember that healing doesn't mean leaving your loved one or your loss behind.

You can carry love, memories and hope together.

 My hopes for the future

 One positive step I'll take this week

 A message to my future self

 Remember

Grief is a reflection of love.

Take your time.

Be gentle with yourself.

Allow yourself to remember.

Allow yourself to heal.

And whenever you need support, remember you don't have to face grief alone.

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PAGE 32 – When Memories Feel Overwhelming

Some memories bring comfort.

Others may bring sadness, anger or longing.

All of these feelings are a natural part of grief.

You don't need to push your emotions away.

Allow yourself to feel them with kindness and patience.

 Today my memories make me feel...

☐ Comforted

☐ Sad

☐ Grateful

☐ Angry

☐ Lonely

☐ Hopeful

☐ Emotional

☐ Peaceful

☐ Other

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 A memory I want to hold onto

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PAGE 33 – Taking Care of Yourself

Healing takes time.

Looking after yourself is one of the greatest gifts you can give yourself.

 Today I will...

☐ Drink enough water.

☐ Eat a healthy meal.

☐ Spend time outdoors.

☐ Rest without guilt.

☐ Talk to someone.

☐ Do something comforting.

☐ Take a gentle walk.

☐ Practice deep breathing.

☐ Be patient with myself.

 One thing I'll do for myself today

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PAGE 34 – Carrying Their Legacy Forward

The people we love often leave us with values, memories and lessons that stay with us forever.

 They taught me...

 I will honour their memory by...

 One quality I'd like to carry forward

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PAGE 35 – My Grief Journey

You've taken time to understand your grief, reflect on your emotions and care for your wellbeing.

That takes courage.

 Looking back...

The biggest thing I've learned is...

One thing that has helped me most...

One message I'd like to remember...

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 Remember

Grief is not something you "get over."

It becomes part of your story, while love continues to live in your heart.

Take each day as it comes.

Celebrate the good moments without guilt.

Allow yourself to cry when you need to.

And never forget...

The love you shared will always matter. 

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PAGE 36 – Finding Meaning After Loss

Grief can change the way we see life.

While the pain of loss may never completely disappear, many people find new purpose by carrying forward the love, values or memories of the person or life they have lost.

There is no right time for this.

Go at your own pace.

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 I would like to honour this loss by...

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♥ One value I want to carry forward

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PAGE 37 – My Hope for the Future

Hope doesn't mean forgetting.

Hope means believing that life can still hold moments of peace, purpose and happiness.

♥ I hope to...

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♥ One thing I'm looking forward to

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♥ One goal I'd like to achieve

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PAGE 38 – My Personal Wellbeing Plan

Whenever grief feels overwhelming, I will remind myself to...

- ☐ Take slow, deep breaths.
- ☐ Drink some water.
- ☐ Eat something nourishing.
- ☐ Go outside for fresh air.
- ☐ Talk to someone I trust.
- ☐ Rest without guilt.
- ☐ Read through this workbook.
- ☐ Remember that difficult days will pass.
- ☐ Ask for support if I need it.
- ☐ Be kind to myself.

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 My three biggest sources of comfort

1.

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2.

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3.

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PAGE 39 – Congratulations

 You Have Completed the Grief & Loss Workbook

Thank you for taking the time to care for yourself during one of life's most difficult experiences.

Remember...

 Grief is a reflection of love.

 Healing doesn't mean forgetting.

 There is no timetable for grief.

 Every emotion you experience is valid.

 It is okay to ask for help.

 It is okay to smile again.

 It is okay to keep living while carrying love in your heart.

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 My Personal Commitment

From today, I promise to care for myself by...

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Name

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Date

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Signature (Optional)

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 Final Reminder

This workbook is intended as a self-help resource to support your wellbeing. If your grief feels overwhelming, persists for a long time, or is making it difficult to cope with daily life, consider speaking with your GP or another qualified healthcare professional.

Thank you for choosing Safe Haven Connect CIC.

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