



Springfield Advisory

Together towards better mental health and well-being

Wellbeing Worksheet

Grief, Tough Times and Asking for Support

Finding strength through sport and connection

Why this matters

At some point, everyone faces difficult times. This might be grief, loss, illness, stress, change or something hard to explain.

When life feels heavy, it can be easy to withdraw or feel like you need to cope alone. Support often becomes harder to ask for at the exact moment it is most needed.

Staying healthy and physical activity can play an important role during these times. Being part of a team, club, class or regular activity creates connection, routine and opportunities for support.

Sometimes support comes through conversation. Sometimes it comes through simply showing up, moving your body and being around others.

A gentle check in

Take a moment to pause and reflect. Circle one number for each statement.

I feel supported by people around me.

1 2 3 4 5

I find it easy to ask for help when I need it.

1 2 3 4 5

Physical activity or sport helps me cope during difficult times.

1 2 3 4 5

There is no right place to be with this.

Understanding support

Support does not always look like advice or solutions. Often, it is about presence, routine and feeling less alone. Complete the sentences below.

When I am going through a tough time, support that helps me most is

When things feel overwhelming, I tend to

One way staying healthy and being active could help me right now is

Just noticing this can help you recognise support when it appears.

Reaching out for support and wellbeing

The 5 Ways to Wellbeing

During difficult times, these five areas can gently support wellbeing. Tick what applies to you right now.

Connect

- ☐ Feeling part of a team, club or group
- ☐ Talking with people you trust
- ☐ Spending time with others

Take Notice

- ☐ Noticing how you are really feeling
- ☐ Listening to your body
- ☐ Acknowledging emotions without judgement

Give

- ☐ Encouraging others
- ☐ Offering quiet support
- ☐ Showing kindness without needing answers

Be Active

- ☐ Using movement to release emotion
- ☐ Creating routine through activity
- ☐ Helping the body manage stress

Keep Learning

- ☐ Learning that it is ok to need support
- ☐ Understanding what helps you cope
- ☐ Realising everyone struggles sometimes

Circle the area that feels most supportive right now.

Being supported and supporting others

Reaching out often creates relationships that matter more than we first realise. Support can flow both ways. Receiving support and offering it to others are equally valuable. Answer the following:

One way I have felt supported through sport or activity is

One way I could support someone else, even quietly, is

Support does not require fixing everything. Presence is often enough.

Understanding support

Asking for help can feel difficult, especially during grief or stress. Use this simple reflection.

What do I need more of right now

Who feels safest to reach out to

What is one small step I could take today

This could be attending a session, sending a message, making a call or simply being honest with someone you trust.

Your gentle intention

Choose one intention to carry with you.

☐

I will allow myself to accept support

☐

I will reach out to someone I trust

☐

I will show up, even if it feels hard

☐

Other

☐

I will be kind to myself

Final thought

Grief and difficult times do not need to be faced alone. Reaching out cannot remove pain, but it can provide connection, structure and moments of relief.

Sometimes healing starts with something small. Turning up, taking part or simply being around others.

You do not have to carry everything on your own.