

THE LITTLE COTTAGE

A gentle companion guide | Space to Breathe Therapy

A place to rest without expectations

Grief can make even ordinary days feel exhausting. The Little Cottage is a gentle virtual escape: somewhere to enjoy a comforting activity, pause, or simply look at a peaceful view. You do not need to feel calm, positive, grateful or ready to talk about your loss to use it.

Ways to explore

The living room: Light the virtual fire, settle into a chair and spend a moment with the cottage dog.

The kitchen: Make a virtual warm drink. Notice the small choices: cup, drink and moment to pause.

The reading nook: Explore short, reassuring passages that ask nothing of you.

The garden: Choose a scene and watch small changes in the landscape.

The creative corner: Choose colours and build a little picture or pattern.

Mindful moments: Choose optional grounding or write a private note.

Permission to do less

You can leave any activity unfinished. You can turn off motion. You can close the cottage and come back later. None of those choices is a failure.

FIVE GENTLE ACTIVITIES

1. Find one comfortable detail

Look around the room. Find a colour, texture or object that feels pleasant or neutral. You do not need to change how you feel.

2. Make a virtual warm drink

Choose a drink and cup. Imagine the warmth in your hands. If you prefer, simply enjoy the visual activity without imagining a sensation.

3. Spend a minute by the window

Look at the countryside scene. Notice one thing nearby and one thing further away. If looking outside is not comfortable today, choose another room.

4. Create something small

Pick two colours and make a pattern. There is no right way to finish. A single mark is enough.

5. Write or do not write

If helpful, jot down what today feels like, or one thing you need. If words are difficult, leave the page blank.

A note about grief

Distraction is not the same as avoiding grief. Short periods of rest can sit alongside remembrance and emotional processing. Different days may call for different kinds of support.

YOUR OWN COMFORT PLAN

Use these prompts only if they are helpful. You can return to them another day.

Which cottage space feels most comfortable?

A small activity I might try on a difficult day:

How will I recognise that I need a break or a different kind of support?

Who or what helps me feel supported outside the cottage?

Remember

This activity is intended as gentle wellbeing support, not a replacement for grief counselling, mental health care or urgent help. If you are in immediate danger, call 999 in the UK. For urgent emotional support, Samaritans is available on 116 123.

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