



# GRIEF SUPPORT DO'S AND DON'TS




EVEN IN OUR MOST WELL INTENTIONED MOMENTS, WE CAN CAUSE FURTHER INJURY AND HURT TO THE ONE WE WANT TO HELP. THIS IS NOT AN EXHAUSTIVE LIST, BUT A PLACE TO START.




DO LET YOUR INTERACTION BE ONLY ABOUT THE PERSON GRIEVING. IT IS ABOUT WHAT THEY NEED




DO BE OKAY WITH NOT HAVING ALL THE RIGHT THINGS TO SAY. NOTHING YOU SAY WILL CHANGE THEIR PAIN, SO JUST BE IN IT WITH THEM




DO VALIDATE THE FACT THAT THEY ARE IN PAIN, THAT THIS SUCKS, IT'S NOT FAIR, YOU DON'T DESERVE THIS




DO LET THEM SHARE WHATEVER THEY NEED/WANT TO SHARE. IF THEY WANT TO TALK ABOUT MORE NEGATIVE MEMORIES OR EMOTIONS THEY ARE FEELING, LET THEM.




DO CHECK IN ON THEM. SEND A TEXT, LEAVE A VOICEMAIL, SEND A CARD. LET THEM KNOW YOU ARE THINKING ABOUT THEM AND BE OKAY WITH NOT RECEIVING A RESPONSE RIGHT AWAY OR AT ALL




DO BRING THEM DINNER, COFFEE, GROCERIES, SHOW UP AND HELP WITH THE LAUNDRY, THE DISHES, THE YARD.



DO SHARE ANY MEMORIES OR STORIES OF THEIR LOVED ONE, IF YOU KNEW THEM OR WHAT IT WAS YOU APPRECIATED/LOVED/ENJOYED ABOUT THE PERSON THEY LOST




DO CREATE A SAFE SPACE FOR THEM TO GRIEVE AND ALLOW THEM TO EXPRESS IT HOWEVER NEEDED: TEARS, TALKING, VENTING, SILENCE ETC. GRIEF HAPPENS IN WAVES AND SOMETIMES AT UNEXPECTED MOMENTS.

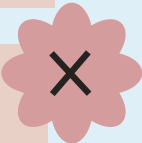


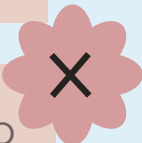
DO REMEMBER THEM WHEN THE SHOCK HAS WORN OFF FOR EVERYONE ELSE AND THEY GO BACK TO THEIR NORMAL ROUTINES. THIS PERSON EXPERIENCES THE LOSS DAILY FOR YEARS TO COME. EVEN IF YOU HAVE TO SET REMINDERS FOR EVERY WEEK, EVERY TWO, OR MONTHLY, CHECK IN AND LET THEM KNOW YOU HAVEN'T FORGOTTEN THEY ARE STILL GRIEVING.

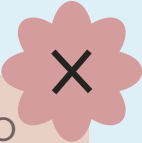
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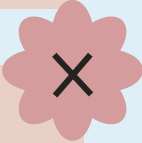
 DON'T LET YOUR DISCOMFORT WITH GRIEF DICTATE YOUR CONVERSATION AND RESPONSES

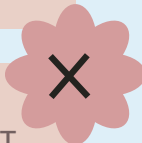
 DON'T FEEL LIKE YOU NEED TO FILL THE SPACE WITH WORDS. SOMETIMES THEY JUST NEED YOU TO BE PRESENT, NOTHING MORE

 DO NOT TRY TO COMFORT THEM BY SAYING ANY OF THE FOLLOWING: THEY ARE IN A BETTER PLACE, AT LEAST THEY ARE NOT SUFFERING, THERE'S A REASON FOR EVERYTHING, EVERYTHING IS RIGHT IN ITS TIMING, YOU CAN HELP OTHER PEOPLE WHEN THEY EXPERIENCE LOSS, TIME HEALS ALL WOUNDS

 DO NOT MAKE THIS A TIME TO SHARE YOUR EXPERIENCES WITH GRIEF. USE YOUR PREVIOUS EXPERIENCE TO EMPATHIZE WITH WHERE THEY ARE IN THEIR JOURNEY, BUT IT'S NOT THE TIME TO TALK ABOUT YOU.

 DON'T WAIT FOR THEM TO ASK YOU FOR HELP. ASKING SOMEONE TO MAKE A DECISION ABOUT HOW YOU CAN HELP THEM JUST ADDS TO THEIR STRUGGLES.

 DO NOT TAKE IT PERSONALLY IF THEY DO NOT RESPOND. KNOWING YOU CARE IS WHAT IS IMPORTANT. WHEN THE FOG STARTS TO CLEAR IS WHEN THEY MIGHT BE MORE CAPABLE OF REACHING OUT IN RETURN.

 DO NOT ASSUME THAT JUST BECAUSE THEY WENT BACK TO WORK, STARTED GOING BACK TO NORMAL LIFE AND AREN'T CONSTANTLY TALKING ABOUT THEIR LOSS, THAT THEY ARE OVER IT OR EVEN DOING OKAY. NOTHING WILL EVER BE TRULY NORMAL FOR THEM AGAIN. THEY WILL HAVE TO FIND A NEW NORMAL.

NO MATTER WHAT, REMEMBER THAT EVERYONE'S GRIEF JOURNEY AND EXPERIENCE IS DIFFERENT. EVERYONE DESERVES THE SPACE TO WORK THROUGH THEIRS.