

Ten Tips for Helping Others Grieve

1

Immediately acknowledge the loss. Reach out to say, “I am so sorry for your loss.” Don’t be nervous. It doesn’t matter if you know the bereaved or the deceased well, just reach out.

2

Do not minimize the loss or try to “take away” the pain.

3

Avoid statements like: “He/she is in a better place” or “I know how you feel.”

4

Know that grief is not linear. People often cycle between the different stages of grieving.

5

Focus on the person grieving. Don’t compare your experiences. Allow the person to navigate their own grief.

6

Don’t judge how the bereaved is reacting. Everyone grieves differently. There is nothing wrong with how they are feeling or coping.

7

Don’t rush the process. Everyone grieves at a different pace. There is no timeline to “move on” or “get over it”.

8

Allow for crying and silences. Expressing emotions is healthy. Resist the urge to fill silence with words.

9

Lend a helping hand. Instead of saying, “Let me know how I can help,” tell them what you will do. For example: “I’ll be by to mow your lawn on Tuesday.”

10

People who are grieving often forget to take care of themselves. Have groceries delivered or send a gift basket with items to help them take care of their basic needs.

