

Top Hints for Walking Beside The Bereaved

Be There:

Decide what ways you can help. Meals, transportation, a listening ear, physical help doing projects, etc. Make the offer with boundaries included.

Keep Your Promise/Offer:

If you cannot, tell them. Do not abandon them when they are relying on you.

Be Comfortable with Pain:

Respect the chaos. Grief is messy. Be brave to enter the darkness (without being consumed) and hold the light so they can see the way.

DON'T:

Offer advice. Use platitudes. Minimize the loss.

Use Supportive Language:

"I can see this is hard for you."

"If you want to talk, I will listen. If you do not, that is okay too."

"I know you can't see it, but you are doing a great job."

Honor the Story:

Say their person's name. Ask how they are doing and then listen to the answer. They love to talk about their person. Ask. Listen. Ask. Listen.

Communication of Caring:

#1 qualifier to be helpful.

Be There In the Long Haul:

This is a lifetime membership to a club they did not want to join. There is no quick fix, this can be a long process.

Loan Hope:

Speak truth. Believe that the good is yet to be (they do not believe this right now, so it is your job).

Caregiver Challenge:

Think of someone in your life who showed you great compassion. Hold them in your thoughts for a moment while you allow yourself to remember what it felt like to be in their presence.

Go and do likewise!

Visit Grief-guide.com for further support and resources

