

HOW TO HELP



- **Acknowledge the loss**
- **Say something (no RIGHT or WRONG words!)**
- **Use deceased's name**
- **Leave invitation to talk**
- **Avoid judgments**
- **Avoid clichés**
- **Don't minimize or depersonalize loss**
- **LISTEN (listen = information hear = emotions)**
- **Don't rush the grief process. Self regulating time clock**
- **Be patient. Grief lasts far longer than anyone assumes!**
- **Share feelings, but DO NOT COMPARE losses**
- **If you see/sense substance abuse or dependency, quietly offer support. Never use a SHOULD statement.**
- **Be responsive to the changes a grieving person experiences. Don't make the bereaved the "office project" to cheer up. Some depression is an expected and necessary part of the journey.**
- **Break the ISOLATION by encouraging others to interact**
- **Remember IMPORTANT DAYS (IF KNOWN)**
- **Keep in check your impulse to GUIDE the process.**
- **BE THERE!**
- **DON'T TRY TO FIND SOMETHING POSITIVE IN THE LOSS**
- **LOSS HURTS! WE ALL GRIEVE ALONE, BUT WE DO NOT HAVE TO BE ALONE AS WE GRIEVE.**