

# SUPPORTING SOMEONE WHO IS GRIEVING

## WHAT DO YOU DO:

- ✓ Reach out.
- ✓ Listen.
- ✓ Acknowledge just how bad it really is.
- ✓ Find your own way to express your support.
- ✓ Mow their lawn.
- ✓ Help get the kids to school.
- ✓ Tell them they're not going crazy.
- ✓ Share stories and memories of their person.
- ✓ Be sensitive with your language.
- ✓ Find out if they need support.
- ✓ Continue support after the funeral.
- ✓ Check in once in awhile months, even years after the death as grief sometimes gets harder with time.
- ✓ Understand that grief never goes away and there is no right or wrong way to grieve.

Don't make an offer to support unless you are able to follow through on the offer (ie offering to mow the lawn for the summer).



# SUPPORTING SOMEONE WHO IS GRIEVING



## WHAT DON'T YOU DO:

- ✗ Don't only focus on the good or put a positive spin on what they are saying.
- ✗ Don't say "you have to be strong".
- ✗ Don't say "at least", ie "at least they aren't suffering", or "at least they're in a good place" or "at least they made it to (their age)"
- ✗ Don't say "everything happens for a reason".
- ✗ Don't say "God doesn't give you more than you can handle".
- ✗ Don't say "call me if you need me".
- ✗ Don't compare it to your experience.
- ✗ Don't say anything to diminish the loss or their grief.
- ✗ Don't avoid talking to them.
- ✗ Don't push your faith on them if they don't share it.
- ✗ Don't let fears about saying the wrong thing stop you from reaching out.
- ✗ Don't use "Shoulda, Coulda, Woulda". ie "you should eat better", or "you could marry again", or "I would get out more often".



# SUPPORTING SOMEONE WHO IS GRIEVING

## THOUGHTFUL WAYS TO OFFER WORDS OF COMFORT AND SUPPORT:

- "I don't know what to say but I can listen."
- "There's no timeline for this, so take all the time you need."
- "There is no right or wrong way to grieve, your life has been changed forever."
- "If you want, I'd love to help keep their memory alive by doing something in their honor with you."
- "It's okay to smile and even laugh; it doesn't mean you miss them any less."
- "Whenever you're ready, I'd love to listen to any stories about them you want to share."
- "I know I can't fully understand, but I'll try my best to support you."
- "Would it help if I checked in with you regularly, or would you prefer space?"
- "A part of your loved one lives in you and all those they loved."
- "I can't take the pain away, but I'll be here with you in it."
- "Please know I love you and am here for whatever you need, big or small."
- "It's okay if things feel confusing, messy, or even numb sometimes."
- "Would you like some company, even if it's just to sit quietly together?"
- "Be as kind to yourself as you are to others."
- "We won't forget them."
- "It's okay to not be okay."

These sentiments help grieving individuals feel acknowledged, supported, and understood without the pressure to process their feelings on anyone's timeline but their own.



# SUPPORTING SOMEONE WHO IS GRIEVING

## PRACTICAL OFFERS: (ONLY MAKE OFFERS IF YOU CAN FOLLOW THROUGH)

- “Would it help if I brought over a meal or ran an errand for you?”
- “Do you need a hand with anything around the house?”
- “I’m here to support you in any way you need—just tell me what might help.”
- “Would it be helpful if I handled any phone calls or emails for you?”
- “Do you need a ride to any appointments or errands?”
- “I’d like to bring by some groceries or essentials. What would be most helpful?”
- “If you’re overwhelmed with housework, I can come by and help out with laundry or cleaning.”
- “Would it help if I took your pet(s) for a walk or kept them for a few days?”
- “I can be on kid duty if you need a break or some quiet time.”
- “If you need help with organizing or going through their belongings, I’d be honored to help when you’re ready.”
- “I’d like to mow the lawn, shovel snow, or help with yard work—just say the word.”
- “Would it be useful if I checked in each week to see what you might need help with?”
- “I can coordinate meal deliveries with friends and family, if that would be helpful for you.”
- “I’ll run errands for you if it’s too much right now. Just send me the list.”
- “Do you need someone to help sort through paperwork, bills, or other things piling up?”
- “I’d be happy to take on any administrative tasks or make phone calls to service providers for you.”
- “Can I be your point of contact for communicating updates to friends and family?”

Each of these gestures can lighten the load during a time of grief, showing that support can be both emotional and tangible.