



CareDimensions

HOSPICE | PALLIATIVE CARE | SUPPORT SERVICES

What You Can Do to Help Someone Who is Grieving

- Encourage expression of thoughts and feelings
 - *“Do you feel like talking?”*
 - *“I don’t know what to say, but I care.”*
 - *“Please don’t worry if you cry in front of me.”*
- Help create rituals
- Help recall good times
- Help put regrets into perspective
- Urge person to look to their faith community and/or a grief professional
- Encourage person to consider a support group
- Plan for difficult times/dates (anniversaries, birthdays, holidays, mealtimes)
- Help clean out loved one’s things and use time to reminisce
- Suggest writing a letter to the loved one, or keeping a journal
- Don’t be afraid to have a good time or to laugh
- Share favorite quotations, words of encouragement
- Encourage person to take care of their health
- Help shop, cook, write thank you notes
- Be patient. Grief takes time. Avoid saying things like “you should be getting on with your life.”

Care Dimensions offers comprehensive grief support services at the Bertolon Center for Grief & Healing in Danvers, its office in Wellesley and in locations throughout our service area. For more information, please call 855-774-5100 or visit www.CareDimensions.org