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