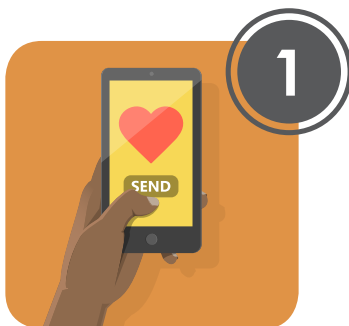


COUNSELOR'S CORNER

HOW CAN I SUPPORT SOMEONE WHO IS GRIEVING?



1

MAKE A COMMITMENT TO REACH OUT.

Grief can be hard any day of the week, but keep in mind that some days are harder than others. Holidays, anniversaries, and even average days can be difficult for someone who is grieving. Try to make it a point to call or send a text to show your support.

Grief can be an isolating place, and sometimes it can be helpful to simply listen and be present in the moment. As much as we want to try to say the perfect thing, listening can be more powerful.

BE AN ACTIVE LISTENER.

2



3

ASK WHAT YOU CAN DO TO SUPPORT THEM.

Giving grievors autonomy to share what they are needing in the moment is essential. Everyone grieves differently, so it's important to get input. Try offering something concrete such as "Can I take your kids to practice?" or "Can I run an errand for you?"



MEET THEM WHERE THEY ARE.

This shows that you are there for them no matter what the obstacle. Avoid telling grievors where they should be in their grief or how they should feel. There is not a manual on how to grieve correctly. This approach helps them to feel accepted without judgment for where they are on their grief journey.

4



5

TALK ABOUT THEIR LOVED ONE.

Acknowledge that person existed and was a part of their life. At times, we may feel reluctant to bring up the deceased in conversation, but it is important to talk about them. When their name is left unmentioned, grievors may feel that their loved one has been forgotten.



BE PATIENT.

It is important to be patient with someone who is grieving as they navigate their path and regain a sense of normalcy. Just remember that they are experiencing their grief journey at their own pace.

6

