

How to Help Me in My Grief

These are things I might want to say to someone who asks how they can help me during my time of grief.

Speak to me of
the obvious.

I need your
warm caring
more than
"right words."

Please let go of
trying to fix my
pain.

I know my
sadness will last
longer than
either you or I
want it to.

If you are
worried about
how I'm doing -
it's okay to talk
to me directly.

Share your
stories and
memories.

Offer to help
with daily
practical things.

Please
remember that
we all grieve in
our own way.

Mostly,
thank you
for your love
and support.