



STEPS TO HELPING OTHERS AS THEY GRIEVE

*“Don’t walk in front of me...I may not follow. Don’t walk behind me....
I may not lead. Walk beside me...and just be my friend*

Albert Camus

Day to day support provides the greatest comfort and consolation to those who are grieving. The simple gifts of friendship will make the biggest difference. Here are a few steps to follow along the path of grief.

1) **Be There**

Your presence is more helpful than advice. Find the time to be with the person doing the daily chores of life. Support is needed over a long period of time.

2) **Initiate and Anticipate**

Often those grieving don’t know what they need. Look for the little daily activities that will make their life easier. Offer assistance and support.

3) **Listen**

Sharing the story of their loss helps those grieving. Listening is the gift we can give them with patience and love, not judgment or interruption.

4) **Sensitive comments**

Nobody truly understands another’s grief. Simple statements of support; “I am here”, “I’m sorry”, “You are in my thoughts” provide solace. Sharing memories can be comforting to those in grief. Confirm their desire to hear the memories of others regarding the person they are mourning

5) **Silence is Golden**

We are often uncomfortable with silence, yet sometimes there is little that can be said to ease the pain. Quiet companionship can be very soothing to those in grief. Your presence, without words, creates an environment of acceptance and trust