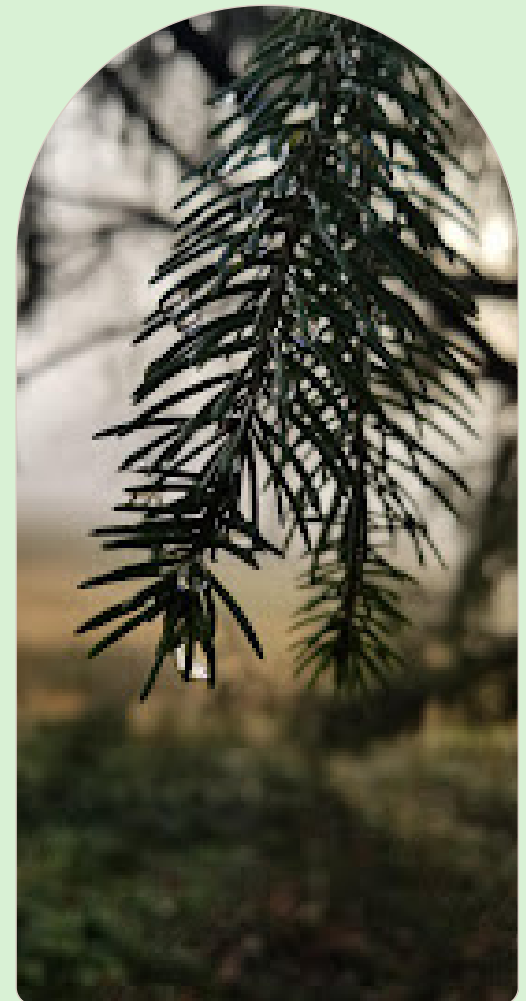


*5 Ways*  
To Support Your  
Grieving Friend



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# I

## Reach In

### **Offer Specific Help**

"Let me know what you need."

We hear this often, but when we're grieving, especially in those first weeks, we don't have the energy to tell you what we need - we're barely putting one foot in front of the other. Instead, be specific with your offer: set up a meal train; offer to take the kids; mow our lawn.

# 2

## Hold Space

### **No Words Are Needed**

As griever, we've heard it all and not all of it helpful.

But a friend who will just sit with us, will hold space for us, even in silence, and just let us cry?

Such a friend is a rare treasure.

We're just glad you're here with us.



# 3

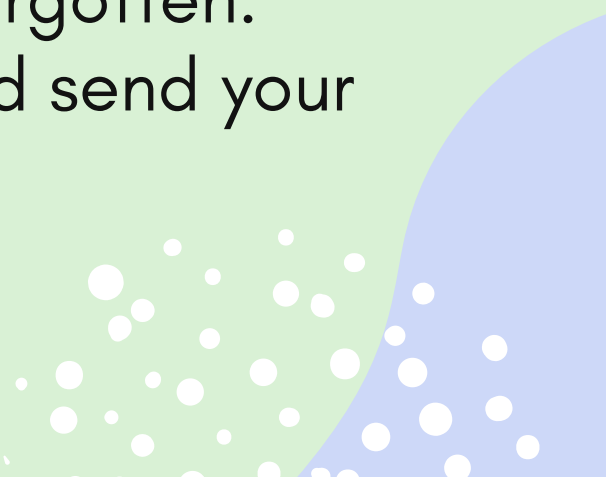
## Remember

### **Send a Card or Flowers**

Sometimes, the toughest time for us is the yearly death anniversary of our loved one.

We remember and are heartbroken when no one else does.

It feels like our loved one is already forgotten. Write down the date in your calendar and send your friend a card or flowers.



# 4

## Say Their Name

### **It's Okay to Mention Them**

Sometimes, friends are afraid to mention our loved ones because they don't want to "make us sad."

But we're already sad,  
we already feel their absence every day.  
In contrast, when you mention their name,  
or tell a story about them, it may elicit tears,  
but it is also comforting.

# 5

## Respect the Journey

### **Grief Is Personal, not Linear**

Avoid saying things like "Don't be sad, they're in a better place," or expecting your friend to "stop crying" after a certain period of time.

The absence of our loved one will not cease to be a reality, and neither will our grief. It may evolve, it may change shape, but it will always color who we are.

Respect our personal timetable.

# Summary

- 1** Reach In
- 2** Hold Space
- 3** Remember
- 4** Say Their Name
- 5** Respect the Journey

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