

## How to Act Around Grieving People

### **Things That Help:**

<b>What To Say:</b>	<b>Encourage:</b>
I am sorry This is harder than most people think It's okay for you to _____. This must be difficult for you It takes longer than most people think	Socialization/re-involvement <i>at their pace</i> Options about going on without the deceased Links with other survivors Journaling Rituals
<b>Give Permission To:</b>	<b>Do:</b>
Tell and re-tell their story Experience and label the full emotional range (better to say it than not) Move forward <i>and backward</i> in phases Take as much time as they need	Give long term emotional support Call their loved one by name Share a memory if you knew the deceased Validate their feelings Acknowledge birthday/death day to survivor

### **Never Tell a Survivor:**

This too shall pass (____) is in a better place now God called (____) home It was (____)'s time to die It was (____)'s own fault God needed another little angel Forget.... You can't handle seeing...	God won't give you more than you can handle You must forgive.... Don't cry I know how you feel, my... You still have... (children, family) You're so strong You should be over it... (soon, now)
-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Grief often involves denial, anger, depression, and attempts at bargaining (often with God) and it's normal to bounce around all those things while grieving quite a bit. If a grieving person lashes out at you, it's probably not your fault, in fact it may be a sign of trust.

Grief has effects on people's appetites, sleep patterns, & ability to concentrate, too. Everyone grieves differently- wailing people aren't necessarily any sadder than stoic people.