

How to Comfort Someone Who is Grieving

It's a difficult when someone loses a loved one. Although we care, finding the right words and actions to express our sympathy and condolences may be challenging.



- **Encourage Expression of Feelings.** Allowing the grieving person to express his/her feelings may be a huge help. Try to listen without offering advice or interrupting them. Letting them share memories and talk about their loved ones may help him/her to feel better.
- **Show Affection.** Often at times, showing affection may help them to feel like they are being comforted. Try to hold their hand or hug them when appropriate.
- **Be Patient.** It is normal for the mood of those grieving to fluctuate. It takes time to heal, so be patient and allow them to grieve at their own pace.
- **Ask If You Can Help.** Offering help can be very comforting. Running errands that need to be done may reduce stress as well as offering support.
- **Encourage Seeking Help.** Sometimes a grieving person may need to join a support group or seek professional help in order to feel better. Assist him/her in finding a group and/or making an appointment with a professional.
- **Send a card.** Send a card and write a personal message inside to show you care and you're concerned
- **Be Sensitive.** Certain times for the mourner may be harder than others. Holidays are an especially hard time since it is a time to celebrate with friends and family. Be sensitive to their feelings.