

A Guide to Being a Good Friend to Someone Who Is Grieving

1. Allow them to experience and express all emotions
 - a. Ask what they are feeling, acknowledging that many feelings are complex.
 - b. Validate that feeling and thank them for sharing
 - c. If your friend doesn't know how they feel, you can also simply sit with them, letting them know they can talk, cry, laugh, or just be.
 - d. If they don't know how they feel or if you are unsure how to respond, review common ways to help people with emotions from the video.

Remember: We can have all types of feelings when we are grieving and there is no right way to feel. Let it be okay for your friends to have the feelings they do.

2. Offer to help
 - a. How can I help in a way that will let my friend know I care?
 - b. Ask them what they need or make suggestions of things that they may need coming up. Some ideas may be as simple as offering to drop off dinner to helping them to clean out a loved one's things.
 - c. Remember listening is helping, often we think doing is the only thing that helps but being a place someone can talk about their feelings is really helpful.
 - d. If we don't know how to help or our friend does not know what they need, remember the 5 love languages and try to speak their love language in support:
 - 1) Acts of Service
 - 2) Gift Giving
 - 3) Quality Time
 - 4) Words of Encouragement
 - 5) Touch

Remember: Grief comes in waves, so take time to check in with your friend over time as their needs/feelings may change.