What To Say:

Even though you may be nervous, reach out to the person and say, "I am so sorry for your loss." Remember that fewer words are better when you don't know what to say. Your quiet presence speaks volumes.

Some phrases that could be helpful to say are:

- ✓ I cannot imagine how difficult this is for you. I'm here for you.
- ✓ I am so sorry you have to face this pain.
- ✓ I know there is nothing I can say that will make this better for you, just know I am here.
- ✓ Share a happy or comforting memory you have had with the deceased. "Remember when…"

Avoid comments that you think will ease their pain such as:

- He/She is in a better place.
- I know how you feel. (Because we truly don't know exactly how someone else feels.)
- At least you can have more children.
- At least he/she didn's suffer.

What to Do:

Listen, listen, listen! Now is not the time to compare your experiences with the person who is grieving.
Consider staying with the person a few nights if possible so they are not alone.
Provide meals, bring a pot of soup or a cassarole (food that can be frozen is helpful.)
Offer to help call those on their list who need to be called.
Offer to pick up a traveler coming in from out of town.
Provide child care and transportation if needed.

What to Remember:

Each person's grief is unique and allow them to navigate their own grief.
There is no right or wrong way to grieve and no time frame by which to "move on."
In a few days, your life may return to what was "normal" prior to the death, remember this is not true for the grieving. Being in contact and available to the grieving person in the days, weeks, even months to follow is vitally important.
It's not uncommon that the second anniversary of the person's death is even more challenging than the first anniversary. Send a note or make a call letting them know you are thinking of them and remembering their loved one.

Additional Resource: Finding Meaning The Sixth Stage of Grief by David Kessler

EAP is here to assist you in being a support: Contact 518-793-9768 / EAPmail@adkeap.com