

5 ways to help someone who is grieving

1

Grief belongs to the griever –everyone experiences grief differently, so follow their lead. Understand that there are good and bad moments, and these will go on.

2

Take care with giving advice and try to avoid comparisons with the past or future—try not to tell them how lucky they were, that they'll love again, that it'll be better later.

3

Anticipate, don't ask – don't say 'call me if you need anything'. Say 'I'll bring dinner tonight' or 'I'll pick up the kids / walk your dog' or other recurring day-to-day tasks.

4

Don't try to fix the unfixable – you can't take their pain away.

5

Love them!