

# Reaching Out



It is important to reach out to your friend who has suffered a loss, even if you don't know what to say. Reaching out will help them feel loved and supported.

Help your friend with little things... Tell them, "I will be there on Monday afternoon to put the trash out" or "I will be there every morning to walk the dog." Be reliable about your offer! Some ways you can help are:

- walking their pet
- watering their plants
- writing "thank you" notes
- taking out the trash
- pick up the mail
- prepare a meal
- mow the lawn
- make notification calls
- pick up groceries/prescriptions
- clean kitchen after a meal
- do a load of laundry
- vacuum or clean for company
- drive them to appointments
- take them out to a meal
- take them to church



## Contact Us

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## HOW TO HELP A GRIEVING FRIEND

*Care Ministry*

# Ground Rules for Helping

- Grief belongs to the griever- it is a very personal experience:
  - Yours is a supporting role in your friend's grief,
  - Don't offer unasked for advice to your friend, or tell them how they should feel.
- Stay in the present:
  - It is tempting to make statements about the future, but you cannot know that it will be better in the future.
  - Stick with the truth: this hurts, I love you, I'm here for you.
- Do not try to fix the unfixable:
  - Your friend's loss cannot be fixed, repaired or solved.
  - It is an unfathomable relief to have a friend who does not try to take the pain away.
- Do not say, "Call me if you need anything." because your friend will not call:
  - Not because they don't need help, but a phone call to ask is more than they can handle.
  - Just tell them, "I will be there on Monday afternoon to put the trash out" or "I will be there every morning to walk the dog." etc. Be reliable.
- Do the Recurring Things:
  - The actual real work of grieving is not something you can do, but you can lessen the burden of "normal" life requirements for your friend. The items listed at the top are good choices.
  - Supporting your friend in small ordinary ways are tangible evidence of love.
- Tackle Projects Together:
  - Depending on circumstances, there may be some difficult tasks that you can help your friend with like casket shopping, packing and sorting of closets or rooms.

- Offer your assistance and follow through with your offers.
- Follow your friend's lead in these tasks.
- Run Interference:
  - to a new griever the influx of people who want to show their support can be overwhelming. There may be ways you can shield and shelter your friend by setting yourself up as a designated point person.
  - Perhaps you can be the one who relays info to the outside world or organizes well-wishes.
- Love:
  - Above all, show your love.
  - Show up.
  - Say something.
  - Do something.
  - Listen.
  - Be there.
  - Be present.
  - Be a friend.
  - Show Love.

~Love is the thing that lasts.~



## OTHER AVAILABLE RESOURCES

- Pre-planning for a loss
- Resources for Immediate Loss
- Resources for Moving Ahead