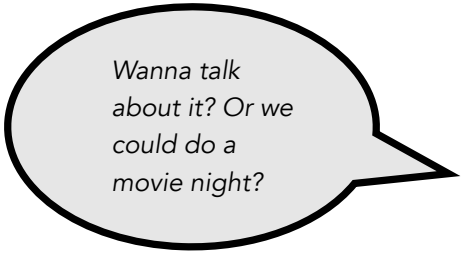
How to Support a Friend Who is Grieving

Is someone you care about in grief and you don't know what to do?
Here are a few suggestions on how you can show up.

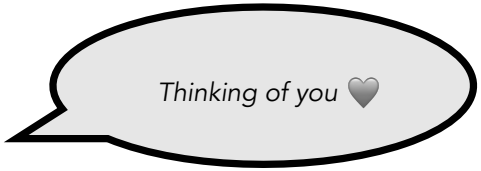


Make yourself available

Make yourself available for a walk or a phone call. Or make a plan to play video games or watch a movie together. Suggest something you think your person would enjoy. It's important to keep it low pressure. Some people might need time and space to feel safe to share where they are at, while some might not want to talk about it at all. And if they do want to talk about things, be sure to listen and really be there for them.

Show your care

Letting someone know they are loved can go a long way. Drop off some flowers and a card or send a voice memo. Pebbling is nice…silly animal memes or even a heart emoji are great ways to let them know you are thinking of them.





Offer/give support

To the grieving person, everyday tasks may feel impossible or pointless, but life keeps moving. And sometimes it can be hard to ask for the things they need. Offer help with childcare or picking up groceries. Give support by organizing a meal train or crowdfund to help with expenses.

Final note: *Grief is a BIG feeling and topic. The above are just a few suggestions for when you are feeling stuck. Keep in mind that grief looks different for everyone. One person's grief experience will depend on many factors, such as who or what they are grieving, the cultural and structural inequalities they face, as well as personal and family histories. How you are able to show up will be impacted by many of the same factors. Whatever you do, it's best to avoid dictating how or what they "should" be doing/thinking/feeling.*

The suggestions here come from my work as a somatically grounded energy worker and death doula, as well as my own personal experiences with grief. Thanks for reading! Want to talk more about this? Questions, constructive feedback or ideas for collaboration welcome: CalixteRaifsnider@proton.me