

# 21 THINGS TO SAY (NOT SAY) OR DO FOR SOMEONE WHO IS GRIEVING



## What Not to Say:

1. I cannot imagine.
2. How did your loved one die?
3. Everything happens for a reason.
4. Let me know if I can do anything. Call me, I will be happy to help.
5. Shouldn't you be over it by now?
6. Time heals all wounds.
7. They are in a better place.
8. You can have more children or get married again.

## What to Say and Do:

9. I am sorry for your loss. I am sure your son/daughter was a great kid/adult.
10. What is a memory you would like to share? I would love to know more about them.
11. I wish I had the right words for you. I care about you and sorry you are hurting so deeply
12. Take them a meal. Tell them when you will deliver it.
13. Buy groceries and drop them off or order online and have them delivered.
14. Go sit with them. No need to talk, just sit. Leave your cell phone in the car and focus on the person grieving.
15. Clean the kitchen, bedroom, garage, mow the lawn, shovel the sidewalk, walk the dog, feed the cat.
16. Share your stories about their loved one.
17. Help them write thank you notes.
18. Tell them you cherish them, love them. They need to know they are still important and loved.
19. Ask them to join you for a walk outdoors. Get them outside for some fresh air so they produce some feel-good hormones.
20. Pray for them. If it is not your thing, pass on this. If it is, then be sure to let them know you are praying.
21. Send a thoughtful thinking of you card once a month for 12 months.



**Peggy Green**