

Lessons in Loss

WHAT WE CAN LEARN FROM GRIEF

GRIEF TEACHES US

- that loss is inevitable
- not to take loved ones for granted
- about our faith
- to be patient
- that we should live every day creating memories that will comfort us after our loved ones are gone
- about our feelings
- that it is necessary to grieve
- it allows us to move forward
- to find our purpose in life
- that pain and joy can coexist
- to be true to ourselves
- that our faith can carry us
- to lean on our greiving community for support
- that we need to communicate our feelings
- that living right side up, with a focus on God, can bring us peace in the middle of the storm
- who is important in our life
- who will show up when the storms rage
- who we can trust
- who we can count on

HOW TO HELP A GRIEVING FRIEND

- show up and shut up
- reassure your friend that she/he is heard
- let them know that you care
- know that grief is personal and private, accept whatever you are told as a gift that they trust you
- allow them the respect and time they deserve
- welcome tears
- listening is an invaluable gift
- be a gatekeeper
- normalize grief with the griever and those around them
- do not try to speed up your friend's grief
- ignore negative influences
- help your friend to continue traditions
- take your friend out of the house
- spend holidays with your friend
- use words of compassion like "I'm here for you", "I can help", "I love you", "I support you"

