
Just Be

Supporting the Grief Process

Be Aware: Remember that working through grief is a normal and necessary process.

Be There: Learn to be with the person, not to solve the problem.

Be Sensitive: Allow the distress and do not try to take it away.

Be Human: Allow expression of feelings (guilt, anger, sorrow, depression) without judgment.

Be Ready: To listen when the story is told over and over again.

Be Patient: Remember that the process of mourning takes time.