



INFORMATION

Dealing With Death

What can we do to help those who are grieving? Plenty! After the food and flowers have gone, friends are what grieving people need the most. Here are some suggestions to help make a significant difference in the healing of another's grief.

Let the grieving person talk. Be available to listen. If you want to say something, tell them that you care and that you are sorry. Explanations seldom console.

Recognize that the bereaved may be angry. Encourage them to acknowledge their feelings and to find ways to deal with them.

Encourage a good cry. Mourning may take a long time. Be patient while they express their feelings. Encourage exercise, rest, prayer and recreation.

Offer to help with daily matters such as baby-sitting, washing the car, yard work, etc. Call to let them know you are running an errand and ask if there is anything you can pick up for them while you're out.

Give special attention to the children. They are mourning, too. Suggest that they write down or draw how they are feeling and then discuss it with them in a loving manner.

Watch for the warning signs that the grief is not being handled (alcohol, drugs, sleeping too much, etc.). Suggest grief counseling if appropriate.

Don't avoid the bereaved. Consider writing a note during difficult times such as holidays and birthday/death anniversaries. A phone call, or an invitation to lunch after church will make their day.

Additional materials are available through Focus on the Family. To obtain a listing of these resources ([RL045](#)) please call us at 800/232-6459.

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