

Top 10 List for Helping Those Who Are Grieving

By Sasha J. Mudlaff, M.A.

- ⑩ Ask-“Who is the Expert?”
- ⑨ Throw expectations out the window!
- ⑧ Avoid clichés
- ⑦ Adjusting to a new normal
- ⑥ Do not avoid speaking the name of the person who has died
- ⑤ Make eye contact with the grieving person
- ④ Know what resources are available in your community
- ③ Be specific when offering help
- ② Don't forget the children!
- ① LISTEN!

“I was halfway to silence when I heard your voice.” -May Sarton

