

Checklist for Friends of the Bereaved

Thank you for your kind offer of help and support. Here are a few things you can do that will make a big difference during the next few months.

- Provide 1–2 healthy meals per week for our family.
- Listen quietly while I talk about my deceased loved one.
- Call occasionally to remind me to eat, hydrate, bathe, and take medications.
- Help me keep routine appointments and paperwork straight.
- Remind others that grief takes time and that there's no such thing as "just getting over it."
- Sit with me while I cry.
- Pray or sing with me.
- Talk with my co-workers about how best to support me and how I want the subject of my loss and grief to be addressed.
- Be my "designated rescuer" during large gatherings.
- Invite me to take a walk.
- Go with me to the grocery store and help me put away groceries.
- Assist family transportation needs.
- Affirm that it's OK to not be OK.
- Help me with household chores like laundry, dishes, and lawn work.
- Surprise me with a dinner, yoga class, or other quiet activity.
- Let me help YOU with something. *(Yes, I mean it.)*