



Top 10 List for Helping Those Who Are Grieving

By Sasha J. Mudlaff, M.A.

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