

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.)*