of the grieving survivor

Suggestions

1. When the mourner returns to social ac-
on his own.
1.7. In time, gradually draw the mourner into quiet
outside activity. He may lack the initiative to go
still after the period of intense grief.
1.6. Encourage the postponement of major
decisions. Wherever can will should wait un-
til into the next generation.
1.5. Write a letter. A sympathy card is a poor
child may wear his dead sibling's clothing.
child has suffered a personal loss. Drop a pillow of
the child's favorite blanket. A young
young people may repeatedly visit the site of
not criticize seemingly morbid behaviors.
not wish to display clothing or hide pictures. Do
1.4. Allow the "working through" of grief. Do
1.3. Let him or her as a normal person.
actively, acknowledge the
understanding is enough. Active listening
will destroy self-respect. Simple,
pry -
1.2. Don't dwell on it.
loss, the change in the mourner's life, but
loss, the change in the mourner's life, but

any Hilliard Jensen

A final thought: Helping must be more than

In consultation with a clergyman or other

1.1. Be aware of needed progress through

"I can do anything there to help?"
1. Comfort children in the family. Do not shield children from the grieving of others. Every child should be left in the home and tears can be shed, in most cases. Children can be allowed to express their feelings and with whom those feelings will come at once. Convey also that everyone does not come to grief and that it is not healthy to smother if you can. You can treat your grief to sorrowing. If you feel a sense of grief, then it is not assumed that a sense of grief exists. Children should be allowed to feel.

2. Encourage others to visit or help. Usually children and families feel less than those who have lost someone close and ask the mourner to come closer. Speak either to the mourner or someone close and ask if you can help or assist in any way.

3. Avoid cliches and easy answers. "He is out of pain and great. You look happy that it's over!" are good. "I'm sorry..." is better. If you don't know how to help, say "I'm not sure how to help you. I'm here if you need anything."