



# How to be a good friend

to someone who is grieving



## **BE PATIENT**

Be patient with your grieving friend. Your friend may not feel like laughing, smiling and doing things for a while.



## **LISTEN**

Be a good listener. There are no words to make your grieving friend feel better. Listening instead of talking is most helpful.



## **UNDERSTAND**

Grief is hard and stressful. Your grieving friend will not be their normal self. They may feel, think and act differently.



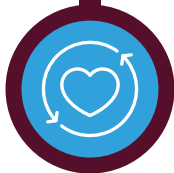
## **INCLUDE**

Grief is often lonely and scary. Ask your grieving friend if they want to spend time with you. If they say no, ask again the next time.



## TAKE ACTION

Tasks that were once easy may now take more time and effort. Help your grieving friend with their homework, chores, projects or other tasks.



## BE KIND

Treat your grieving friend with kindness and respect. Show others how to do this, too.



(414) 337-4250  
griefsupport@childrenswi.org

**childrenswi.org**