

LOSS AND BEREAVEMENT STANLEY 2020

THERE IS NO RIGHT OR WRONG WAY TO GRIEVE.
GIVING THE RIGHT SUPPORT IS CRUCIAL,
SO REMEMBER TO THINK **DAFFODIL**

D

Don't compare, comparison of loss reduces the experiences of both parties & may cause a disconnect between you.

A

Ask permission before offering physical comfort, advice or your opinion.

F

Feelings of all kinds are valid, expect a range of emotions, everyone grieves differently.

F

Find the right words avoid judgemental language. Phrases such as 'wouldn't want you to be sad' are unhelpful. Simply accept the feelings the person is experiencing

O

Offer specific help / support. Generic offers of help can be unhelpful as people may not be able to identify the help they need. Make clear offers e.g. would you like me to cook your dinner?

D

Don't say 'at least...' this again reduces the persons experience. Validate feelings, don't try to 'fix' it.

I

It's okay if they cry. Sit with a person whilst they cry. Offer comfort when crying has ended naturally, without interrupting the natural expression of grief.

L

Listen more, talk less. Actively listen while the person freely expresses themselves.

Useful links: 1 + 2 + 3