



What's your immediate response to a situation where, say a classmate or a friend expresses loss of a loved one? Do you, at once, go on a search, trying to find the right words, willing to make things better?

Well, you may not be alone out there, feeling this pressure to lessen their pain. But truth be told, grieving is something we can't fix, not even a little bit.

Psychologists say that there's no **'quick-fix'** when it comes to grieving. So what can we do instead?

One way is to avoid making matters worse. Here're some DO's and DON'Ts of supporting a griever, suggest by Experts -

Don't Say



"I know how you feel."

You may want to make the other person feel that you can relate or may have yourself experienced a loss but no two losses are the same.



Do Say



"I can't imagine what you're going through but I'm so sorry for your loss."

Acknowledging their situation or loss is the first step to showing that their feelings matter and helps build a trusted space.

“They are in a better place now.”

Trying to minimize the loss somehow suggests that the griever shouldn't be grieving. For them, there's no better place for their loved ones than with them.

“You must miss them so much.”

As we can't take away their pain, the most ideal response is to listen to them, validate their emotions and empathize with their feelings.

“You're stronger than this.”

One can't overcome grieving and become strong. There's no time line. A part of them always has the loss imprint. Be patient as they learn to integrate the loss in their life.

“I know that things will change & I'm here for you as you grow.”

Understand that they now see the world differently. Honor their relationship with the lost ones, built upon love and memories.

“You have other people...”

This may imply that the person lost is replaceable which in no way is true. Don't try to underestimate their loss or ask to look on the brighter side of life.

“It must be so hard to lose someone you love so much.”

Acknowledging the worth of the person they lost, represents your support and care towards them.

“Call me if you need anything.”

Grievors rarely have the energy to reach out and such a response can put a burden of action on them. While the intention is good, such an attempt may stand vague.

“I'll call you tomorrow. We can talk if you feel up to it.”

Checking in shows them that you're thinking of them and are concerned. In case they don't answer back, don't feel bad.

Remember, most people try to cope with **grief** by building walls and not facing their demons and our little support can help them get through it.

At times, you may find yourself out of words or emotionally drained and that's okay. If you need a friend to talk to, we're always here for you.

CONNECT TO AN EXPERT NOW

If you've any queries or concerns, you can write to us at campus@yourdost.com.

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Team YourDOST**
