



The Jewish Board
Health and Human Services for All New Yorkers

6 TIPS FOR SUPPORTING A GRIEVING LOVED ONE

When a loved one experiences loss, knowing how to support them can be difficult. Amidst this uncertainty, however, one thing remains clear: the need for genuine empathy and understanding.

1 Be Present and Attentive
Simply being there can provide immense comfort to your loved one. Whether sitting with them, even in silence, or checking in with them regularly, you show them you're available and thinking of them. Listen actively and acknowledge their pain with empathetic phrases like "I'm here for you."

3 Respect Their Grieving Process
Everyone grieves differently. Respect their way of coping, whether they want to talk or prefer solitude. Be patient with emotional ups and downs, understanding that grief has no set timeline and offer support without imposing your expectations.

5 Show Compassionate Gestures
Small acts like sending a card, flowers, or a gift can show you care. Help organize a memorial if they wish. Invite them for a walk, coffee, or other low-pressure activities. Be mindful of anniversaries, birthdays, and holidays, reaching out for extra support during these tough times.

2 Offer Practical Help
Grieving can make daily tasks overwhelming. Help by cooking meals, running errands, or handling chores. Instead of saying, "Let me know if you need anything," offer specific help like, "Can I pick up groceries for you this week?" Continue providing assistance as they adjust to life without their loved one.

4 Share Memories
Sharing positive memories can be comforting. reminisce about happy times you shared together, recounting specific events and moments that brought joy. This can help keep their memory alive and provide solace amidst the grief.

6 Encourage Professional and Outside Support
If they are deeply struggling, professional guidance, such as a grief counselor or support groups, can be crucial in the healing process. Encourage seeking help and activities like journaling, art, or joining bereavement groups to express their emotions constructively.

In times of grief, simply being there can make all the difference. With empathy, patience, and a willingness to listen, we can support our loved ones, helping them navigate healing and reminding them they are not alone.

For more resources and support:

Visit [jewishboard.org/bereavement](https://www.jewishboard.org/bereavement) or reach out to us at bereavementsupport@jbfcs.org or **212-632-4608**.