

The CORONAVIRUS and GRIEF: How to Support One Another

What To Say/Do

1. Treat others the way they want to be treated.
2. Families, workplaces, community organizations might consider setting a regular check-in time where individuals can openly talk about their feelings, stresses and struggles.
3. Express empathy i.e. That's scary to think about" or "It's really hard for you right now"
4. Ask "How are you doing today?"
5. Just sit quietly with the person.
6. Follow the lead of the person who is expressing feelings. (If I'm afraid, help me talk about what scares me. If I don't want to talk, give me space.)
7. Listen (see poem other side)
8. Listen some more...
9. Be vulnerable yourself. Share how you are feeling after the person has had a chance to feel heard and supported. You are a role model for helping children and others talk about their feelings.
10. Remember feelings aren't right or wrong. They just are. And like the weather, they will change.

What NOT to Do

1. Don't try to cheer me up or tell me not to feel the way I do. Let me have all my feelings.
2. Don't give me advice or tell me what you think I should do.

What NOT to Say

1. "Well, at least....." or "If you think you have it bad, I know a family...."
2. "Be positive". "You should be grateful for....."
3. "God never gives us more than we can handle."
4. "Everything happens for a reason."
5. "Be strong."
6. "I know how you feel."
7. "Something good will come of this."
8. "Everything will be okay."

Please contact us for more information, to view our educational webinars or to schedule individual support

Please Listen

A Poem By Leo Buscaglia

When I ask you to listen to me
and you start giving me advice,
You have not done what I asked.

When I ask you to listen to me
and you begin to tell me why
I shouldn't feel that way,
you are trampling on my feelings.

When I ask you to listen to me
and you feel you have to do something
to solve my problem,
you have failed me,
strange as that may seem.

Listen! All I ask is that you listen.
Don't talk or do - just hear me...

And I can do for myself; I am not helpless.
Maybe discouraged and faltering,
but not helpless.

When you do something for me that I can and need to do for myself,
you contribute to my fear and Inadequacy.

But when you accept as a simple fact
That I feel what I feel,
No matter how irrational,
Then I can stop trying to convince
You and get about this business
Of understanding what's behind
This irrational feeling.

And when that's clear, the answers are obvious and I don't need advice.
Irrational feelings make sense when
we understand what's behind them.

So please listen, and just hear me.
And if you want to talk, wait a minute
for your turn- and I will listen to you.