EVOLV coaching

How to Support Someone Who is Grieving



- Let them know that you are sorry for their loss.
- Let them know that you are there for them, and then actually be there.
- Do NOT tell them to be brave or strong.
- Show empathy.
- Sit with them and give them the opportunity to express how they are feeling without judgement or expectations. Their grief is about them, not you.
- Hug them if they are open to it. This releases oxytocin and endorphins which stimulates positive feelings (30 seconds or more)
- Do not judge how they choose to grieve – everyone grieves in their own way.

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