

Luce, Luze & Reck

FUNERAL HOMES

Serving the South Dakota Communities of Gettysburg, Faulkton, Eagle Butte, Highmore, Miller

Mandy Luikens & Tiffany A. Hofer
Owners/Funeral Directors
info@familyfuneralhome.net

"Providing Comfort To Families"

www.familyfuneralhome.net



Chapters

turning the pages through grief

*Meet Them
Where They're At*

Used with permission whatsyourgrief.com



It is difficult enough when you are grieving yourself, but what about when it's a family member, friend, or co-worker? How do we support them? How do we know the right thing to say?

The popular website whatsyourgrief.com has some helpful advice from the followers of their social media communities.

"Meet them where they're at" is a common (and sound) suggestion for how to support a grieving friend or family member. This phrase refers to meeting a person where they are at emotionally and, of course, that can have many interpretations.

So if you're supporting someone else, consider what you know about

your loved one and your relationship with them and choose the approach you feel suits them and your relationship.

If it is you who is grieving think about your interpretations of the following phrases.



"Apples are fine, but I find today's teacher prefers a nice latte."

- Let go of expectations.
- Just allow them to be who they are and where they are, and to feel what they feel.
- If the grieving person seems lost – be lost with them – only they can truly find their path.
- Don't make the grieving person come to you.
- Don't minimize their thoughts or feelings.
- Don't minimize how they feel about the magnitude of the loss.
- Know that what a person thinks and feels in grief isn't always rational – and that's okay.
- Allow the person's grief to exist without trying to change it.
- Just listen.
- Really actually listen.
- Don't feel the need to come up with something comforting, helpful, or inspiring to say.
- Don't search for silver linings.

continued...

**AUGUST
2021**



The word listen contains the same letters as the word silent.

~Alfred Brendel

...continued from front

- Be comfortable with silence when there isn't anything to say.
- Try not to compare the person's grief or loss experience to yours or anyone else's.
- Try not to imagine how you would think, feel, or act if you were them. In reality, you have no idea how you would think, feel, or act – even if you've experienced loss yourself.
- Follow the grieving person's cues.
- Allow the person's grief to exist without trying to change it.
- Don't try and fix things.
- Don't feel the need to offer solutions.
- Don't try and force the person into new feelings or perspectives.
- Just show up and be present.
- Be willing to sit with the pain.
- Put your own awkwardness or discomfort aside.
- Recognize if your own discomfort with a person's thought, emotion, or experience is guiding the support you're providing.
- Don't judge or shame emotion – whatever it may be.
- Be there for someone the way they need you to be, even if it's not the way you want to be.
- Respect the person's pace.
- Check-in often – especially on difficult days.
- Understand that the person may experience grief flare-ups months and years later.
- Be as supportive on day 365 or 500 as you were on day 1.
- Don't force the person to talk about "it" if they don't want to.
- Don't discourage a person who wants to talk about their experiences from doing so.
- Don't try and rush the person away from what they're thinking or feeling.
- Match the person's mood and tone.
- Don't put the grieving person in the position of having to support you or make you more comfortable.
- Be mindful how much you talk or complain about day-to-day stressors and minutia when your grieving friend clearly isn't in the headspace to hear about it.
- That said, don't assume they don't want to know about you or your life. Just be tactful, and if you're not sure if they want to hear about something – ask.
- Don't expect a response when reaching out to offer help and don't be offended if you don't get one.
- Don't make the grieving person feel guilty for opting out of things and focusing their energy on their grief.
- Don't project your own beliefs or expectations onto the grieving person.
- Don't try and make meaning of the loss for the person. This is something they have to find themselves.
- Don't expect them to be the same person they were before their loss.
- People change – allow them to change – and embrace who they are becoming.
- Don't be afraid to ask them what they need.
- Don't be frustrated if the person doesn't know what they need.
- If you're worried a person's coping is harmful or self-destructive, don't shame them. Understand they're struggling and find ways to offer help and support instead.
- Offer to do the hard things with them.
- But give them space when they need it.
- Accept if the person wants to grieve and cope privately.
- Know that even the smallest things – like sending a text checking-in – can be helpful.
- Accept if they aren't ready to enter certain physical spaces.
- Don't force them into social situations they aren't ready for.
- Let them change their mind about doing things or going places without guilt.
- Don't expect them to explain themselves or provide a rationale.
- Be sensitive that events like celebrations and milestones may be bittersweet for the grieving person.
- Try not to comment on how well a person is doing, often what you see on the outside isn't even the half of what they're feeling. Instead, try asking them how they're doing.
- Don't walk away.

EASY DOES IT...

When you don't feel like cooking or eating much, a smoothie can be a nutritious alternative to a full blown meal. If you have a blender or immersion blender, mix, match, blend, DONE.

BANANA

- 1 BLEND 2 BANANAS,
- 2 1/2 CUP EACH VANILLA YOGURT AND MILK,
- 3 2 TEASPOONS HONEY, A PINCH OF CINNAMON
- 4 1 CUP ICE

SMOOTHIES RECIPES

STRAWBERRY SHORTCAKE

- 1 BLEND 2 CUPS STRAWBERRIES,
- 2 1 CUP CRUMBLED POUND CAKE,
- 3 1/2 CUPS EACH MILK AND ICE
- 4 AND SUGAR TO TASTE.
- 5 TOP WITH WHIPPED CREAM
- 6 MORE STRAWBERRIES

SPA CUCUMBER

- 1 PEEL, SEED AND CHOP 2 MEDIUM CUCUMBERS
- 2 BLEND WITH THE JUICE OF 1 LIME
- 3 1/2 CUP WATER
- 4 1 CUP ICE
- 5 3 TO 4 TABLESPOONS SUGAR OR HONEY

bookmarks

Transitions takes readers step-by-step through the three perilous stages of any transition, explaining how each stage can be understood and embraced. The book offers an elegant, simple, yet profoundly insightful roadmap to navigate change and move into a hopeful future:

ENDINGS
THE NEUTRAL ZONE
THE NEW BEGINNING

