

SUPPORTING GRIEVING FAMILY MEMBERS AND FRIENDS

It is very difficult to say goodbye to loved ones when they die. Especially when it is not possible to be close to them or attend services and burial ceremonies.

When people suddenly die, for example due to a disaster, loved ones may not be able to be with them in their final moments and express their love and respect. In these circumstances, some individuals may feel intense sadness, pain, remorse and guilt, and some may struggle to go about their daily lives.

Despite not being able to be near the body of a loved one, there are still many things that survivors, or those left behind, can try out to ease the agonizing grief and loss and honor the memory of those who have died. In addition to the usual rituals, there are several actions that may help during mourning:

- **FEELINGS OF GRATITUDE**

Thanking loved ones who have died and acknowledging how they contributed to feelings of worthiness and love.

- **RECONCILIATION WITH DIFFICULT FEELINGS EXPERIENCED IN THE PAST**

This may be a time to honestly express difficult feelings and express forgiveness.

- **EXPRESSING LOVE AND AFFECTION**

Express your love, care, and prayers for the deceased.

- **EXPRESSING YOUR FAREWELL**

Say farewell words to loved ones, expressing the importance of their role in life and memories built together.

It also may help to write a letter of goodbye, send a goodbye message on social media or via text, or hold a ceremony to remember and honor the person that passed away. Connecting, and being, with other people who also knew and loved the person who died may also be helpful.

If intense feelings of grief persist and affect the ability of those bereaved to function day to day, it may be helpful and necessary for them to seek additional support.

