

BEREAVEMENT ADVICE

NAVIGATING RARE GRIEF

GUIDANCE FROM THE RARE REVOLUTIONARIES COMMUNITY:
HOW TO SUPPORT GRIEVING FAMILIES AND HOW TO START A
CONVERSATION ABOUT BEREAVEMENT

1 It's good to talk

Finding the right words can be hard, but harder still is feeling like others are avoiding you, or avoiding talking about a deceased love one. Be open and become a safe space to talk, allowing others to help process their emotions and keep memories of their loved ones alive in everyday life.

2 Just ask

Every grief journey is unique so the best way to know how to support someone is to ask what **they** need. Don't presume to know how best to support someone, instead ask how **you** can help.

3 Time without limits

There is no time limit on grief so never try and impose a timeline or schedule to this. Never compare one person's grief to another's. Everyone processes and copes with grief differently, help them to live with grief rather than trying to make it go away.

4 Be still in silence

Avoid using platitudes, it is unhelpful and no matter how well-meaning can cause a lot of hurt. Don't feel the need to fill the silence, rather my still and calm.

5 Honouring memories

Remember important dates, anniversaries, birthdays, Mother and Fathers Days etc. Acknowledging these milestone are important bitter sweet moments, and it is extra special when others remember too. It doesn't have to be grand acts, small gestures go a long way, and help make new treasured memories.

6 Listen

Listen and listen again. You don't have to have all the answers or solutions, and try to avoid interjecting with your own experiences. One of the most powerful gifts you can give it to listen to another allowing them to feel truly heard.

7 Support in action

Often grieving families find comfort in turning their energies into charitable work or supporting a cause. Take the time to find out about these causes and how you can use you time and networks to support this.

8 Be there

Most importantly be there, be present, and be consistent. With good friends and support, brighter skies can be found after the most darkest of days.

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