

KIND LANGUAGE SUPPORTING STAFF THROUGH BEREAVEMENT

JULES LEWIS

My top tips -

Remember that grief is unique there is no right or wrong way to grieve

Grief is love with nowhere to go, try and go with it

We don't all go through the stages of grief that many talk about

Really listen to those grieving, you can't fix their grief, but you can support them through it

Give them a safe space, time to talk, a drink, tissues and permission to cry

Peer support, bereavement cafes may be helpful

Suggested Resources / Reading :

[You can share this 5 minute video by Jules with your colleagues](#)

[The 3 R's](#)

[We only have 1 chance to get this right](#)

[Bereavement in a time of crisis](#)

[The Good Grief Trust](#)

The Art of the
Possible

17th-21st October

Festival

