

What does grief look like?

- Isolation
- Loneliness
- Shock
- Fear
- Denial
- Anger
- Depression
- Guilt
- Disorganisation

Remember that someone grieving may put on a strong front. Always look beyond the exterior as they may be hiding their pain.

How can you help me if I'm grieving?

- Listen and don't judge me
- Looks beyond my happy exterior
- Encourage me to help myself
- Tolerate my erratic emotions
- Don't offer solutions just listen
- Allow me my personal time too
- Do some of my house chores
- Tell me your memories of them
- Be with me even if you do nothing
- Be honest if you are busy
- Take me out – change the scene
- My pain is not just for the first year
- Encourage me to laugh at things
- Recognise that my grief is just love



Pray together as a community. Do Sukhmani Sahib and Chaupai Sahib regularly.

Supporting Children - get them to open up about their feelings



Let them ask questions



Be honest with them so they trust you



Use clear language that is not open to interpretation



Let them say goodbye in their way



Find moments in movies and everyday life to talk about death



Support them and keep an eye out for warning signs

The Final Sermon of Guru Amar Daas Jee



- Vaheguru has called for me now and I need to return back to my true home
- I have performed an Ardas for Vaheguru to accept me back in Sachkhand
- Those that accept the Hukam of Vaheguru are my true Sikhs
- When true devotees return home, Vaheguru hugs them in an embrace
- Do not cry when I leave as I will not be happy if you do
- When I go, call the Gursikhs to do Keertan, Naam Simran and Katha of Gurbani



The wind merges into the wind.
The light blends into the light.
The dust becomes one with the dust.
What support is there in crying? ||1||
Who has died? O, who has died?
O God-realised beings, meet together and consider this.
What a wondrous thing has happened! ||1||Pause||

Guru Jee reminds us that the soul is on a journey. Life physically ends but the soul never dies and continues on to the next part of its journey

What NOT to say

Why shouldn't you say this?

I fully understand what you are going through	You cannot understand what they are going through because circumstances are unique to the situation and the person.
You can have another child	You cannot just replace someone. They are unique and irreplaceable as are the memories of them.
Be strong and get through it	The family will be trying to come to terms with a new life and new patterns. This takes time and patience.
You are behaving or speaking differently	Grief takes many forms and has a different impact on individuals. Don't be judgemental but accept that they are healing.
There must be something positive in all of this	At this stage the person will be going through many emotions. They need a lot of support to cope with these emotions and reach a stage of acceptance. Trying to see positive in the situation will be very difficult especially early on.
Be thankful that you were with them during their life	By feeling grief does not mean they are not thankful. Tell them that you are thankful for having someone like them in your life.
At least you have still got	Those things may not be important right now. Let them grieve and be a good listening ear.
It may have happened because....	Let them express their fears, doubts, questions and vulnerabilities. Drawing conclusions will not really help at this confusing stage