



Hospice Highlights

Comforting Words

By Diana Wood

What happens when we run into an acquaintance who has just lost someone who was very dear to them? We feel uncomfortable, right? We think we have to say something, but what do we say? Often times in our discomfort we blurt out something inappropriate like 'he is in a better place.' No, darn it, a better place would be alive and by my side. Or how about 'I know how you feel.' Again, this is not helpful because grief is a very personal experience. You can't know how someone experiences a loss and by claiming that

you do can feel invalidating. Or probably the most hurtful of all 'you'll get over it, it just takes time.' This diminishes the way they are feeling and gives the message that all they need is time, when, in fact, they might benefit from some form of grief support. At Terrace Hospice, this is our specialty.

So may I suggest that you take a deep breath, gather your thoughts and try to remember the following kinder, more gentle suggestions.

- ✓ I am so sorry for your loss.
- ✓ I wish I had the right words, just know I care.

- ✓ I don't know how you feel, but I am here to help in any way I can.
- ✓ You and your loved one will be in my thoughts and prayers.
- ✓ My favorite memory of your loved one is...
- ✓ I am always just a phone call away
- ✓ We all need help at times like this, I am here for you
- ✓ I am usually up early / late, if you need anything
- ✓ Saying nothing, just be with the person
- ✓ Give a hug instead of saying something

If you keep these in the back of your mind
you will always be prepared for the unexpected.



Terrace Hospice Society

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