

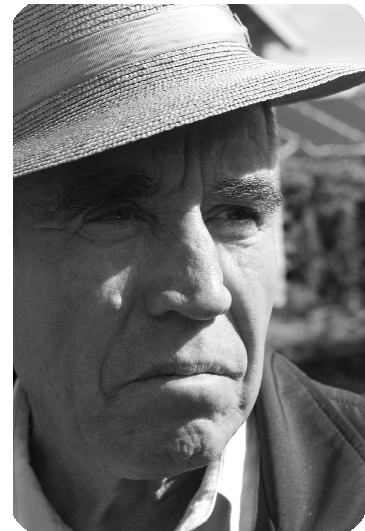


MORRIS NILSEN FUNERAL CHAPEL

HELPING A NEWLY WIDOWED PERSON

Do...

- **Be a good listener.** The newly widowed need to repeat, again and again, the story of their spouse's death. It helps them accept what has happened.
- **Allow the newly widowed some "space".** Don't feel that they have to be busy all of the time. Occasionally, they need to be alone.
- **Let the newly widowed keep reminders of the deceased around.** While it may seem like a good idea to remove the deceased's clothing from the closet, the spouse needs to be the one to do so, and only when they are ready. Help only if asked.
- **Drop in once in a while, unannounced.** Spontaneous visits are more welcome than you might think.
- **Hug them often.**
- **Phone the newly widowed person regularly.** Let them know that you care.
- **Observe their physical condition.** They may not eat properly at first. They also need to remain physically active, so take them for occasional walks.
- **Include the newly widowed in your family events.** They do need to be remembered in this way, especially if their first Christmas or holiday may be spent alone.
- **In time, try to get them involved in a support group.** Other widowed persons sometimes know what the widow needs better than anyone else.



Don't...

- **Say, "I know how you feel."** Even though you may have experienced a similar death, their grief is still unique.
- **Say things like, "It was for the best," or "It was God's will."** Don't make them angry at God when they need the comfort that their faith can give them.
- **Be offended if the widowed become angry easily or lashes out at you.** Let them do so - anger is a normal and often a necessary part of grief.

Please contact a Funeral Director, or visit the Grief Support section of our website at www.morrisnilsen.com/support if you or a loved one have more questions about grief support.