What's your immediate response to a situation where, say a classmate or a friend expresses loss of a loved one? Do you, at once, go on a search, trying to find the right words, willing to make things better?

Well, you may not be alone out there, feeling this pressure to lessen their pain. But truth be told, grieving is something we can’t fix, not even a little bit.

Psychologists say that there’s no ‘quick-fix’ when it comes to grieving. So what can we do instead?

One way is to avoid making matters worse. Here’re some DO’s and DON’Ts of supporting a griever, suggest by Experts -

**Don’t Say**

“I know how you feel.”

You may want to make the other person feel that you can relate or may have yourself experienced a loss but no two losses are the same.

**Do Say**

“I can’t imagine what you’re going through but I’m so sorry for your loss.”

Acknowledging their situation or loss is the first step to showing that their feelings matter and helps build a trusted space.
Remember, most people try to cope with grief by building walls and not facing their demons and our little support can help them get through it.

At times, you may find yourself out of words or emotionally drained and that’s okay. If you need a friend to talk to, we’re always here for you.
If you've any queries or concerns, you can write to us at campus@yourdost.com.

Standing with you,
Team YourDOST