

## Dealing with Death as a Family

### TALK

Speak with one another. Speak often, speak honestly.

### CRY

Sometimes words simply fail. Hug and hold one another, share moments of simple silence and allow yourselves to be present in each moment that arrives.

### REMEMBER

Share stories when they come to mind. Don't shy away from those opportunities to relive joyful memories.

### OFFER UNDERSTANDING

Remember that every individual moves through grief at their own pace. Don't try to push someone to a new place of being, if they are not ready. Be patient and non-judgemental. Some days and times will be more difficult to navigate. The challenging times will not match up within a family. Each family member has their own emotional triggers.