

CONNECTING THE PIECES



HEALTHY COUNTY BOOT CAMP



TEXAS ASSOCIATION OF COUNTIES
HEALTH AND EMPLOYEE BENEFITS POOL

Jan. 31-Feb. 2, 2018 • Horseshoe Bay Resort, Horseshoe Bay



How to Give Grief Support



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The Value of Pain



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**Healthy
County** Together.
Better.
Stronger.

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What not to Say . . .

- They are in a better place
 - Get over it/move on
 - It was for the best
 - You just need a distraction
 - It just takes time
 - At least you have other children
 - Be grateful that
-
- At least they aren't suffering
 - Stop living in the past
 - Just keep smiling
 - She wouldn't want you to grieve
 - Look on the bright side
 - Is there anything I can do?
 - Call me if you need anything
 - I know how you feel
 - I'm so sorry



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What to Say . . .

- I am so sorry that you are going through this right now.
- Please tell me something about your _____.
- I'm going to be by to visit you. What time would be best?
- Your sadness or pain doesn't frighten me. I'm listening.

- I don't have any idea of what this is like for you. Please tell me more.
- Do you need me just to sit in silence with you?
- Would you like a tissue?
- Your _____ was really special. I remember _____.
- He suffered through a lot, didn't he?
- Who is your best support right now?
- It's hard to say "good-bye" isn't it?



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Supportive Listening

“ The friend that can be silent with us in our moment of confusion or despair, who can stay with us in our hour of grief and bereavement, who can tolerate not knowing. . . Not healing. . . Not curing. . . That is a friend indeed.”

~ Henri Nouwen



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Gain Confidence when Feeling Awkward

Listen from your heart ~ Support/comfort Listening

No judgement, comparison, or valuing

Tears are okay ~ careful with the tissues

Keep eye contact

Silence is space to feel & feelings are natural, normal and necessary

Touch is a language of support and comfort

Its ALL ABOUT them

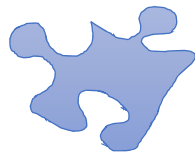


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Summary

NATAL

Definition: **A rare native instinct**

N ever about ourselves
A sk for clarification
T ouch, or hold
A lways about THEM
L isten with your heart



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