

The Language of Loss

What to say

I'm sorry for your loss. Would you like to talk about it?

How are you feeling today?

Would it help if I took this task off your plate?

Would you like me to tell colleagues about your loss or would you prefer to keep it private?

I know anniversaries and certain days can be tough. If you like, I can cover this task for you?

I am here for you if you want to talk, but there is no pressure to open up.

What NOT to say

Sorry you had a miscarriage, at least you are young and can try again.

I know how you feel, my aunty also died of cancer.

You should try therapy or turning to God, that really helped me.

I told the other team members that your dad passed away.

Everything happens for a reason.

It's been a few weeks since they died. You must be feeling better now right?