

GRAZIA'S LIFE SKILLS

MASTER

ASK THE EXPERT

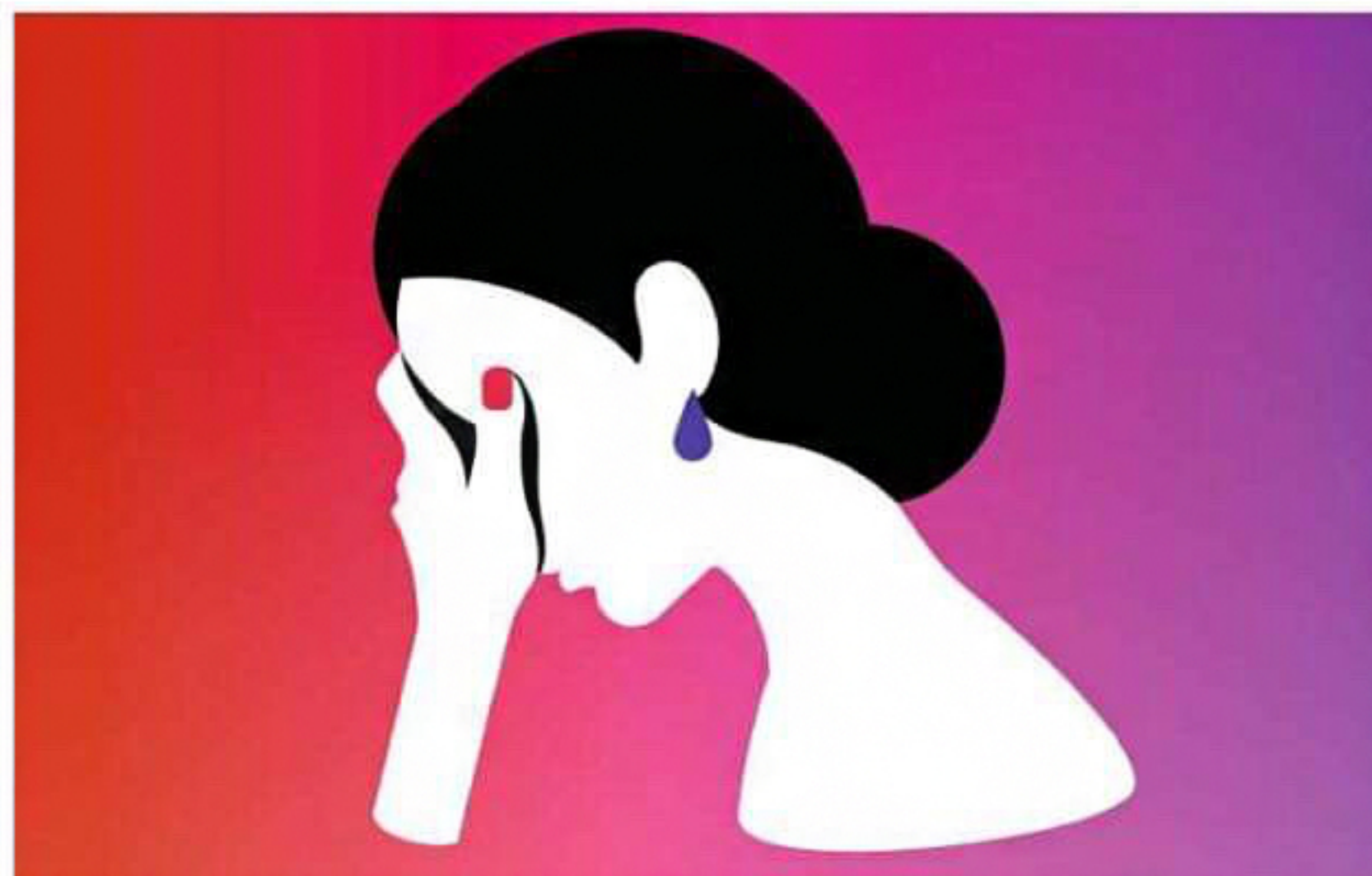
How to support a grieving friend



Psychologist,
Emma Kenny

The most important thing to recognise is that you can't save your friend from the pain. Instead, you have to be able to support them practically, as there's a lot of stuff that has to be done, such as registering the death and organising the funeral. If you can say, 'Let me help with that,' you shift the energy and allow them to just focus on themselves. By asking your friend how you can help, you can make a huge difference.

Contact is an absolute necessity. WhatsApp and phone calls are great, but the point is physical contact, so visit them. Call people who are failing them and ask them to get in contact. Grief is isolating, and it can feel like they've lost friendships when this happens. Get them outside. It's not about making them go to the gym, but why not suggest a walk? They probably won't want to but motivation is the



enemy of depression. If you motivate yourself, depression can't win.

Remember, grief is subjective – everyone experiences it differently. It's more about providing a listening ear as opposed to a solution. Allow them to talk and remind them that it's OK to struggle and that you are always going to be there. It's also important to remember that their behaviour during the grieving process is not reflective of who they really are. Try to be empathic and compassionate, and also

don't gloat about your own happiness.

Bring the dead person into the room as often as you can, unless you're told otherwise. If you don't talk about them, your bereaved friend can feel like they've disappeared not only physically, but from their life as well. It's important to offer a space where you can say, 'Do you remember when...' and 'What about when this happened.' Those memories can be really powerful.

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WORK WISDOM

Take the stress out of your commute



Daniel Fryer, author
of *The Four Thoughts
That Fck You Up ... And
How To Fix Them*

Accept the things you can't control. Accept that, with the best of intentions, commuting is often going to be something that works against you. Why get stressed about something you can't control?

Don't blow things out of proportion. The delays, the traffic, the overcrowding and so on are bad, but not the end of the world. Nothing is

the end of the world except for the end of the world. Don't magnify the difficulties... commuting is difficult, definitely, but not intolerably so. You will get through it every day, just like you have done every day.

Take time to make time. Enjoy breakfast or a shower, the commute will still be what the commute is, but you will be all the more relaxed for it when you arrive at work. And meditate. Take a few tips from mindfulness and meditate on your way there and on your way home. Work can wait until you are actually at work.

Quote me



'My experiences remind me that it's those black clouds that make the blue skies even more beautiful.'

Kelly Clarkson