



YOU MAKE A DIFFERENCE!

11 TIPS TO HELP YOUR FRIEND SURVIVE THIS HOLIDAY SEASON



- Listen. Silence may feel awkward to you, but it is ok.
- Acknowledge their feelings. Say things like; “That must really hurt”, “I hear you”, “I’m so sorry”.
- Take them out for a walk.
- Send a card. It’s nice to get personal mail rather than bills.
- Offer to walk their dog or take care of a pet for a few days. They may feel overwhelmed and exhausted by the simplest tasks.
- Offer to take the children to the park or for ice cream. This is a win/win for your friend and their child.
- Bring them food. Your friend or family member may not be able to concentrate enough to prepare a meal or do food shopping.
- Hand them tissues. This lets them know you are comfortable with tears.
- Offer to drive them to an event. It’s safer for them and gives them company too.
- Invite them over to your place. A change of scenery is helpful at times like this.
- Just sit with them.