

NechamaComfort



Supporting families and communities touched by pregnancy and infant loss

NechamaComfort
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Supporting family, friends, & community during Shiva

What to do:

- ◇ Listen
- ◇ Be genuine and caring
- ◇ Keep your conversation focused on the person who passed away
- ◇ Allow the mourners to express their feelings without passing judgment
- ◇ Allow the mourners to be silent if they prefer
- ◇ Remember each person grieves in their own way
- ◇ It's okay for them to cry, it's okay for you to cry
- ◇ Be aware of your own feelings and find a way to reach out so you are comfortable: phone call, Zoom visit, email, handwritten note, text, donation to a charity

Things that can be helpful to say:

- ◇ I'm so sorry
- ◇ I'm saddened by this news
- ◇ They will be missed
- ◇ I have such fond memories of the person
- ◇ Do you have a memory you would like to share?
- ◇ Can you tell me about their life?

The "Don'ts":

- ◇ Don't try to cheer the person up—the goal is comforting them
- ◇ Don't feel you must break a silence
- ◇ Don't talk about other people's losses or tragedies
- ◇ Don't chat with other visitors
- ◇ Don't gossip or talk about business or politics
- ◇ Don't give legal, financial or medical advice unless they specifically ask
- ◇ Don't ask if the person died of COVID, who else might have it, how the mourners feel about not having a levaya or regular shiva

Things *not* to say:

These may be intended to be helpful, but they should be avoided:

- ◇ How are you?
- ◇ It's for the best
- ◇ It's going to be fine—don't worry
- ◇ At least they lived a long life
- ◇ At least they didn't suffer
- ◇ I know how you feel (no matter how much you think you do)
- ◇ It's not so bad, at least you have...
- ◇ Let's talk about happy things
- ◇ This only happens to people who can handle it

Be a gentle, caring presence. It will be appreciated!

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