



COMMUNITY GRIEF SUPPORT CHEAT SHEET

When someone we love is grieving, we want to help but often don't know how to. For the person grieving, hearing the words "let me know how I can help" is unfortunately NOT helpful- it can actually add to the overwhelm of grief!

Knowing what we need, never mind communicating those needs (without guilt!) can feel impossible. This cheat sheet will help the griever pinpoint what help they need, and be able to effectively communicate that need in a simple way (emojis).

Remember: receiving support is an act of courage, and giving support is a gift of love. Use this guide to meet grief with compassion — together.

Tip: create a group chat so that the needs and the help can be aligned. (When specific help is requested, someone may feel compelled and able to help in that way, while someone else may not.)

How to Use This Cheat Sheet

For the Individual Who Is Grieving

When you're grieving, it can feel impossible to know what you need, let alone how to ask for it. This cheat sheet makes it simple and allows you to practice self awareness, self care, and receiving. All you need to do is:

- Share this cheat sheet with your community — family, friends, coworkers, neighbors.
- When you need support, choose the emoji that matches what you need in the moment.
- Send it in a text or message — no long explanations required.

Why this matters: Grief is heavy, and trying to explain or advocate for yourself can feel exhausting. This tool takes away the pressure of words and gives you a simple way to receive the care you deserve.

For the Community (Family, Friends, Loved Ones)

If you've received this cheat sheet, it means someone you care about is grieving and trusts you enough to share their needs.

- When they send you an emoji, it's an invitation to help in a specific way. Please honor it.
- Show up in the way that feels doable for you — whether that's dropping off food, listening, sitting quietly together, or helping with chores.
- Even small acts of care make a big difference.

Why this matters: Grief is not meant to be carried alone. Many people want to help but don't know how. This cheat sheet gives you clear, simple ways to be there when it matters most, while honoring that while grief is universal, the individual process and it's corresponding needs are so unique.



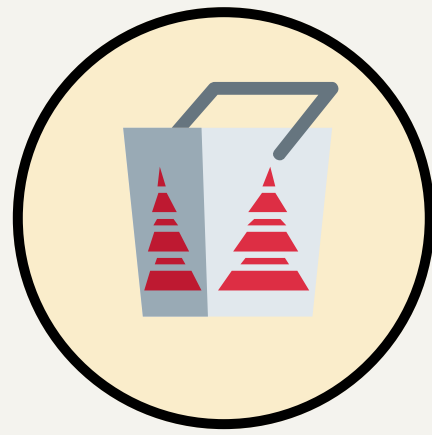
[download this resource](#)

The greatness of a community is most accurately measured by the compassionate actions of its members.”
— Coretta Scott King



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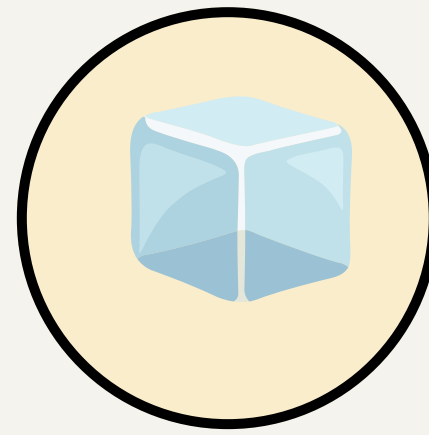
Practical Help & Nourishment



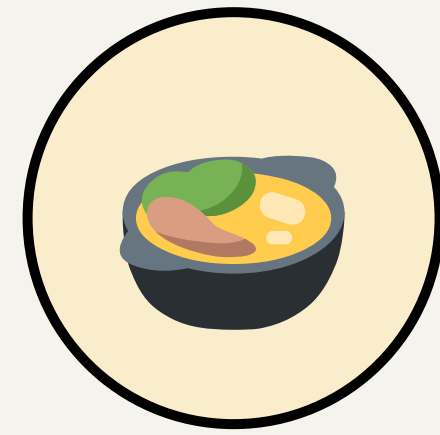
SEND TAKEOUT



DRIVE ME TO MY
APPOINTMENTS



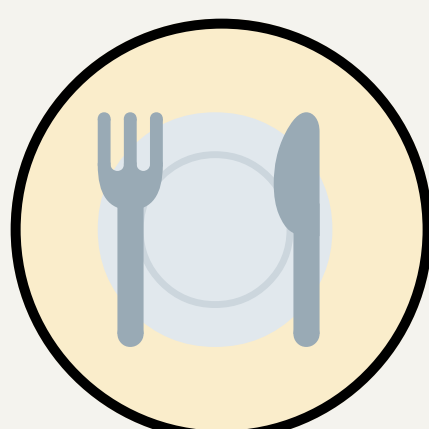
HOME COOKED
MEAL - TO FREEZE



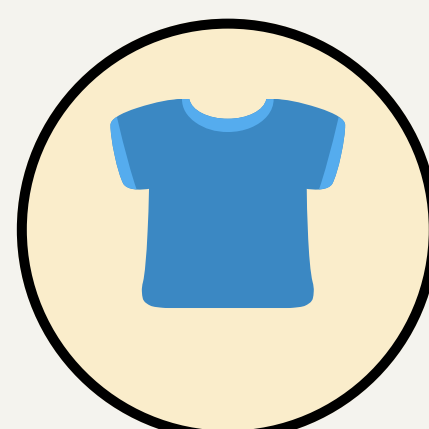
HOME COOKED MEAL -
READY TO EAT



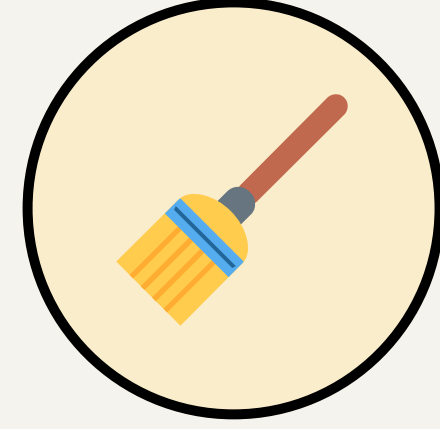
CHILDCARE



DISHES



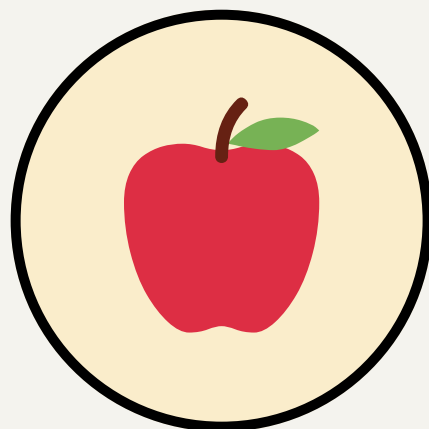
LAUNDRY



TIDYING UP



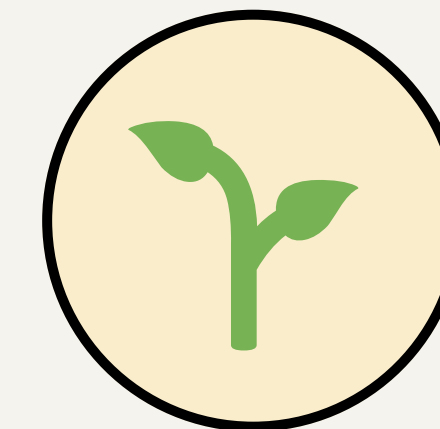
BRING ME GROCERIES



HEALTHY SNACKS THAT
DONT NEED COOKING



GARBAGE, COMPOST,
RECYCLING



WATER MY PLANTS / TEND
TO MY GARDEN

Nervous System and Body



BRING CALMING TEA



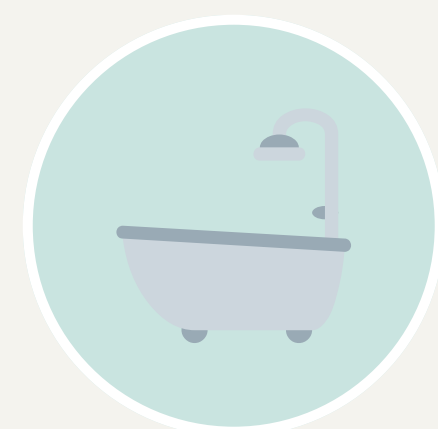
911! I AM IN
OVERWHELM.



A HUG



NATURE WALK



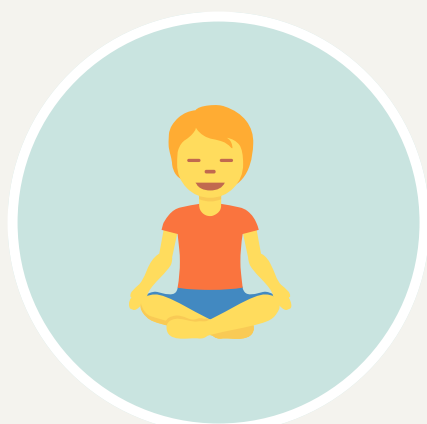
INVITE ME TO WATER
RITUALS (BATH, SWIM,
HOT SPRINGS)



I NEED TO BE HELD



SIT WITH ME AND
LISTEN TO
SOOTHING MUSIC /
SOUND HEALING



GET ME MOVING -
GENTLE EXERCISE
TOGETHER



BREATHE WITH ME -
GUIDED BREATHWORK



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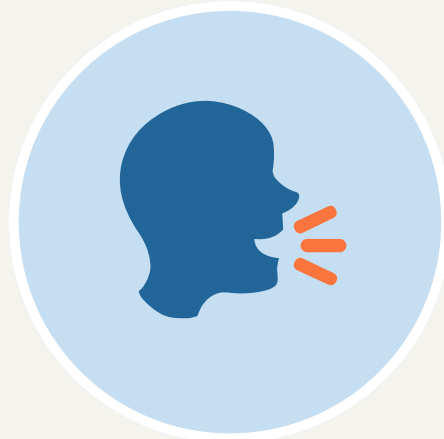
Emotional and Relational



HELP ME CRY



I NEED TO LAUGH



I NEED TO VENT



BODY DOUBLE (KEEP ME COMPANY,
BUT I DONT WANT TO TALK ABOUT IT)



DISTRACTIONS PLEASE!
(MOVIE, GAME, SHOW)



CHECK IN ON ME WITHOUT
NEEDING ME TO REPLY



I WANT TO TALK
ABOUT IT



CALL AND JUST
LISTEN



PLEASE GET ME OUT
OF THE HOUSE

Gestures of Care



CREATE SOMETHING
WITH ME (ART, ALTAR,
GARDEN)



LIGHT A CANDLE WITH
ME IN THEIR HONOR



READ TO ME ABOUT
GRIEF, SHARE
POETRY



SHARE
MEMORIES/PHOTOS OF
THE ONE I AM GRIEVING



GIVE ME A
MASSAGE

Community and Connection



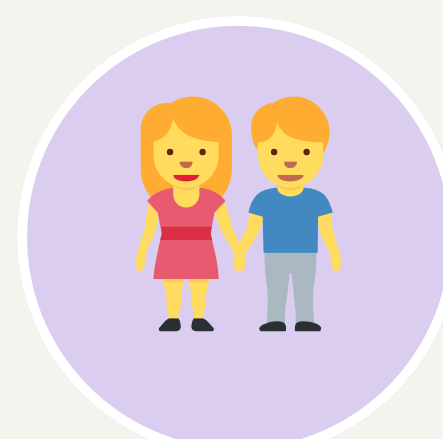
HELP COORDINATE
VISITORS SO I DONT
HAVE TO



HELP ME FIND A GRIEF
PRACTITIONER



SEND PRAYERS /
MEDITATE WITH ME



COME WITH ME TO A
CEREMONY, RITUAL, OR
SUPPORT GROUP



SET UP A GROUP CHAT
WHERE PEOPLE CAN
SEND LOVE AND CHECK
IN