

## SUPPORTING GRIEVING FAMILY MEMBERS AND FRIENDS

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It is very difficult to say goodbye to someone dear to you who has passed away. Especially when you cannot be close to him or her.

When people suddenly die due to a natural disaster, loved ones may not be able to be with them in their final moments and express their love and respect. In these circumstances, it is natural to feel intense sadness, pain, remorse, and guilt, and some lose the ability to go about their daily lives.

Despite not being able to be near the body of a loved one, there are still many things that survivors or those left behind can try out to ease the agonizing grief of the loss and honor the memory of those who have passed.

In addition to the usual rituals, there are several actions you can do to help you during mourning:

- **FEELING OF GRATITUDE**

Thanking loved ones who has passed away for being such an important part of your life, for everything they did for you and making you feel loved.

- **RECONCILIATION WITH PAST CONFLICTS AND DIFFICULT FEELINGS**

This is an opportunity to honestly express difficult feelings and ask for forgiveness.

- **EXPRESSING LOVE AND AFFECTION**

Express your love, care and prayers for the deceased.

- **EXPRESSING YOUR FAREWELL AND ASKING FOR MERCY**

Say farewell words to your loved ones, expressing the importance of their role in your life and the memories you have built together. Ask for mercy and forgiveness for them.

