

5 tips for writing condolences

1

Acknowledge the loss of the person, use their name. Naming the person makes your message more personal and heart felt.

2

Share a special memory and how that made you feel. This is reassurance that the person won't be forgotten.

3

Be sincere – your message doesn't need to be long to express your sympathy. When in doubt, keep it simple.

4

Things to avoid: Try not to give advice, avoid saying 'I know how you feel', don't try to discuss positive aspects of the person's death, such as 'they are at peace now'.

5

It's never too late to send a card. Grief can continue for a long time and your support will be appreciated at any stage.

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