

WEIRD THINGS PEOPLE SAY

After someone dies, the weird/frustrating/awkward/rage-inducing “did you really just say that??” comments and questions from other people can seem never-ending...and every now and then, someone says something that actually helps. Grab your red pen and cross out all the not-helpful things people have said to you (add your own, too).

“THERE’S A REASON FOR EVERYTHING.”

“Were they **vaccinated?**”

How did they get it?

“How are you?”

(Said almost in a whisper with that weird, pitying head tilt)

“They wouldn’t want you to feel
[sad] [angry] [guilty].”

“COVID’S NOT EVEN REAL.”

“At least...they’re in a better place.”

“At least... no one else in your family died from COVID.”



The mission of Dougy Center is to provide grief support in a safe place where children, teens, young adults, and their families can share their experiences before and after a death. We provide support and training locally, nationally, and internationally to individuals and organizations seeking to assist children who are grieving.

dougycenter.org • help@dougycenter.org • 503.775.5683



This resource was funded by the Brave of Heart Fund, founded by the Foundations of New York Life and Cigna and administered by E4E Relief. The Brave of Heart Fund was established in 2020 to provide charitable grants and emotional support services to families of the frontline healthcare workers, volunteers, and support staff whose lives were lost in the fight against COVID-19. It continues to offer support to these bereaved families via partnerships with non-profit organizations aligned with the fund's core purposes.

employeerelieffund.org/brave-of-heart-fund