



## 7 Things People Forget When Someone They Love Dies

We have put together 7 tips to help you avoid common mistakes people make when losing someone they love.

- 1. BE PRESENT** – Losing a loved one impacts everyone in the family differently. It is important for your family to have an opportunity to be present with their passing loved one collectively and individually if possible. This will help avoid the feeling of regret associated with not being able to “say goodbye” allowing for an easier grieving process.
- 2. BE RESPECTFUL** – There are multiple stages of grief and everyone reacts differently when faced with the reality of losing a loved one. It is important to be respectful of the time and space everyone needs immediately following the loss of a loved one.
- 3. BE MINDFUL** – Agreeing as a family about when and how to notify friends and extended family is very important. As well as, agreeing about what to share and through what platforms (social media, obituary services). This will allow everyone the appropriate space and time to mourn.
- 4. SHARE** – Losing a loved one is a lot to take in and can leave a family emotionally drained and physical exhausted. The mountain of work that has to be done after a loss can be paralyzing. Coming together as a family and delegating responsibilities following a loss ensures everything doesn’t get dumped on one family member and important matters don’t go unattended.
- 5. TAKE TIME** – Most people rush back to their lives without properly dealing and coping with the loss of their loved one. This can lead to a lack of motivation and clarity at work and depression at home. It is extremely important to understand what benefits and resources are available to you and your family through work. Getting the support you need will help ensure a smoother more productive return to the work place and life following a loss.
- 6. DON’T RUSH** – After suffering a loss many people get caught up the fog of grief and rush into decisions hastily without knowing what to do or who they can trust. When closing an estate this can often lead to costly mistakes that have tragic consequences for a family, when they are most vulnerable. Slowing down and fully understanding what to do will help protect you and your family ensuring you don’t get taken advantage of or pay unnecessary or fake debts.
- 7. DON’T PANIC** – If you find yourself feeling stuck and overwhelmed not knowing what to do or where to begin, remember you are not alone. We too have been right where you are now and can help guide you through this process. If you find yourself or a loved one in the need of guidance or assistance please visit us at:

[LossOfLifeAdvocates.com](https://www.LossOfLifeAdvocates.com)

or

Call us (210-802-2224) to see how LOLA can start helping you.