



# Grace Notes

*From Grief to Giggles*

## HOW TO CHECK IN WITHOUT PUTTING HER ON THE SPOT

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Checking in matters, but the way you check in can make a difference. A direct “How are you?” may sound caring, and often it is, but for a widow, it can also feel like a question that requires more energy than she has. The honest answer may be too heavy for the moment, and the easy answer may feel hollow.

A softer check-in gives her room to respond without requiring her to perform.

Try:

- “I’ve been thinking about you today.”
- “No need to answer, but I wanted you to know I’m remembering you.”
- “I know this week may be heavy, and I’m here.”

These kinds of messages offer care without asking her to summarize her grief on demand.

It also helps to check in after the early wave of support has passed. Many people remember the funeral; fewer remember the second month, the first anniversary, the birthday, the holiday, or the ordinary Tuesday when the quiet gets loud again.

You do not have to say it perfectly. A thoughtful message with no pressure attached can remind her she has not been forgotten, and sometimes that is the thing she needs most.

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### **HOLD ONTO THIS:**

- A check-in does not have to require an answer.
- “I’m thinking of you” can feel gentler than “How are you?”
- Remembering important dates matters.
- Keep reaching out after the first few weeks.
- No-pressure care is still care.

With Grace for the Mess

~Stef