



WHY “LET ME KNOW IF YOU NEED ANYTHING” USUALLY FAILS

“Let me know if you need anything” is one of the most common things people say after a loss, and most of the time, it comes from a kind place. The problem is that it still puts the grieving person in charge of figuring out what she needs, deciding whether it is reasonable to ask, choosing who to ask, and finding the energy to explain it.

That is a lot to place on someone whose mind may already be foggy from shock, exhaustion, paperwork, and sorrow. She may need help, but not have the words for it. She may worry about becoming a burden. She may not know whether to ask for dinner, groceries, a ride, childcare, help with paperwork, or someone to sit quietly while she handles a hard task.

Specific offers are usually easier to accept. Instead of saying, “Let me know if you need anything,” try saying, “I’m going to the store tomorrow. Can I bring milk, coffee, paper towels, or something easy for dinner?” Or, “I can take the trash cans to the curb this week.” Or, “Would it help if I sat with you while you made those calls?”

Support does not have to be grand to matter. Often, the most helpful thing is small, specific, and easy for her to answer.

HOLD ONTO THIS:

- Broad offers can feel like one more decision.
- Specific help is easier to accept.
- Practical support can be deeply comforting.
- Offer choices, but keep them simple.
- Small tasks can carry a lot of kindness.

With Grace for the Mess

~ Stef