

How can friends and family help?

Friends and family often want to know how to help. Your need during this time can inspire others to serve. Share this list with them along with concrete suggestions of how these might apply to you.

What Best Friends/Families Do for Each Other

- Relate - Don't run away, ask questions
- Laugh - There is never enough laughter
- Dream - This is a great way to relieve the pressure of reality
- Help - With physical and practical needs
- Serve - Run errands, bring simple meals or snacks, take care of yard work, shovel snow
- Pursue - Take initiative. Illness can prevent communication; Bring ideas or just **do** things that need to be done
- Motivate - Remind your friend what brings joy, hope and rest
- Confront - Time may be shorter than expected. Your tears may be a gift.
- Share - Stories, news and memories. Be yourself!