



POSTMARKED
with love



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What to keep in mind when making cards:

- Please no medical advice or treatment suggestions
- Keep notes supportive of all as recipients come from all different backgrounds and are diverse in their genders, ethnicities, and beliefs.
- Be you! It's okay to include inspiring quotes, silly jokes, or little details about yourself (nothing too personal).

Some examples of what you could write:

- "Oh, my friend, this is so hard..."
- "You are not alone."
- "You know I've really been thinking about you...just wanted to let you know you're on my mind."
- "I heard about _____. I'm sorry."
- "I'm thinking of you/praying for you."
- "There is no good card for this, I'm sorry." or "No card can make this better, but I'm giving you one anyway."
- "I wish I had the right words but know that I care."
- "I'm so sorry your heart hurts"
- "I'm so sorry you're sick. I want you to know I will never try to sell you on some random treatment I read about on the Internet." (add some humor)
- "You are on my heart and mind."
- "I don't really know what to say, except that I am holding you close."
- "I know that this is really hard. Sending you tons of love right now."
- "I know that caregiving is a difficult and oftentimes lonely role. I want you to know that all you do does not go unnoticed. I see and appreciate you."
- "I know you are not feeling well, but you should know that I'm cheering you on!"
- "Sending you a big hug so it's there when you need it."
- "I so wish you didn't have to go through this."
- Some people may wish to just provide inspiring quotes
- Can write funny knock knock jokes or draw a silly picture. It doesn't always have to directly relate to the situation they are in.

Avoid writing things like:

- "Well at least..."

We say this when we are trying to make people feel better. Unfortunately making a comparison doesn't help, it just minimizes

- "Things will get better, I promise."

No outrageous certainties; don't make promises.

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- “You got this!” “Stay positive!” “Stay strong!” “If anyone can beat this it’s you!”

Avoid false reassurances and minimizing how they may be feeling. Instead practice empathy.

- “It looks like God needed another angel.”

This statement can be harmful as it may infer that the person was intentionally taken from them.

- “In my long life, I’ve learned...”

Remember we all experience life differently, be sensitive to how others might be experiencing their loss.

- “Everything happens for a reason.”

When someone is drowning, the only thing worse than failing to throw them a life preserver is handing them a reason.

- “I’ve done some research and...”

It’s best to stay in your lane as friend or acquaintance unless they ask you to do research with them.

- “When my aunt had cancer...”

Again, try not to compare. Keep the focus on the one who is currently going through grief.

- “God never gives us more than we can handle.”

This statement might make them feel like they should be self-sufficient in handling hard times.

- “I feel so sorry for you”

It doesn’t feel good to be the object of pity.

- “Take care of yourself!” “Practice self-care”
- “They are in a better place”
- “Time heals all wounds”

Many of these examples are borrowed from Kate Bowler’s book, “Everything Happens for a Reason: And Other Lies I’ve Loved.”