



EEN TEKEN
VAN ROUW

MANUAL

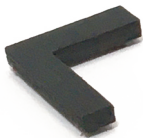
*meaning
colour elements*

EN



MEANING COLOUR ELEMENTS

The mourning emblem consists of interchangeable color elements which shows that you are grieving and communicate the different needs that go with it. This gives bystanders a signal on how they can best support the grieving person at that moment, without the fear of missing the mark.



ANTHRACITE

*Give me a little space.
Now now.*

Loss and grief touches on all facets of existence. It is looking for a new balance and for that you need some space. With this color, you give a

signal to the environment that you want to be left alone for now. So please, have a little consideration for me.



GREEN

Give a sign.

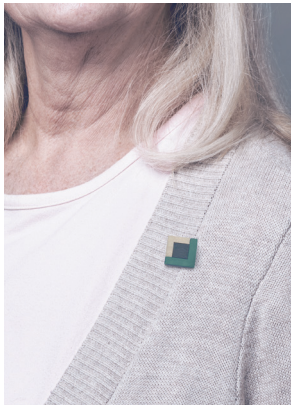
Stay close.

The degree of support from the social environment plays a major role. Show that you are there. Very simple: stay close.

Talking about grief goes down to mutual discomfort. For the grieving; because it seems that people around don't want to know, don't want to hear. For the environment; because they don't know if it's appropriate to bring it up, and if so how do you do that? >>

The point is not that you cheer him or her up, but that you're aware; recognize the loss and the ability to put yourself in the shoes of the other person who is experiencing a loss.

It don't have to be great; a simple greet or simply being present is sufficient.





RED

Get me out of here.

*Talk about something
light-hearted.*

A loss changes the grieving.
You are in conflict with
yourself, You are in conflict
with yourself, you are stuck

with your pent-up feelings
that you have nowhere to
go. At that time help is most
welcome.

Take the person outside; go
for a walk and talk about
something airy; show a
cheerful movie. When seeing
this color, someone needs
distraction.



BLUE

Listen to me.

I have to say something.

Grief heals through recognition and through expression. By letting the other person talk about it, you allow the grieving space for his grief.

As a bystander, we tend to come up with “difficult” questions to resolve the situation, but just listening to what the grieving has to say can be healing.

This is perhaps even one of the best ways to support someone, even in later stages of grief. To mourn is no time limit.

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