



SYMPTOMS OF GRIEF

THESE ARE ALL NATURAL AND NORMAL GRIEF RESPONSES:

- Tightness in the throat or heaviness in the chest.
- An empty feeling in the stomach and loss of appetite or a need to snack often.
- Feeling guilty at times and angry at other times.
- Restlessness and searching for activity, but finding it difficult to concentrate.
- Feeling as though the loss isn't real and expecting to see the one who died.
- Sensing the loved one's presence and talking to him or to her.
- Wandering aimlessly, forgetting things often, and not finishing projects.
- Having difficulty sleeping and feeling exhausted.
- Experiencing an intense preoccupation with the life of the deceased.
- Dreams of the loved one or wanting to dream.
- Assuming mannerisms or traits of their loved one.
- Feeling guilty or angry over things that happened or didn't happen in the relationship of the deceased.
- Feelings of intense anger at the loved one for dying and leaving them.
- Playing and replaying the memories of the last days/weeks/hours or loss of memory of the first days/weeks/hours after knowing of the death.
- Needing to take care of other people who seem uncomfortable around them by politely not talking about their feeling of loss.
- Needing to tell and re-tell stories of the relationship and loss.
- Mood changes.
- Crying at unexpected times.

Any of these symptoms can be a normal part of the grieving process, but if they persist or become very uncomfortable, please make an appointment with your physician and tell her/him that you have experienced a recent major loss.

If you are on medication from your physician, do your best to continue to take it as prescribed. If necessary, use (according to directions and with permission from your physician) pain relievers like aspirin, acetaminophen, and ibuprofen for headaches and aches and pains. Avoid over-the-counter sleeping medications, if possible. They may actually interfere with your sleep and your overall recovery.