



## **Child/Teen Physical Reaction to Grief:**

Below are a number of physical reactions that you may see in your child or teen as they process their grief.

Accident prone  
Experimenting with alcohol/drugs  
Allergies/Asthma increases  
Appetite changes  
Constipation  
Diarrhea  
Heart Ache  
Hive, Rash, Itching  
Indigestion  
Insomnia  
Loss of Appetite  
Low energy  
Low resistance to infections/sicknesses  
Migraine Headaches  
Muscle tightness  
Nausea (recurrent)  
Overeating  
Oversleeping  
Premenstrual Tension  
Stomach ache  
Tearfulness  
Weakness, especially in their legs  
Weight gain/weight loss