



## Grief Affects Our Entire Self

### Physical:

Exhaustion

Sleep issues: either sleeping too much or sleeping too little

Eating too much or not eating at all

Tightness in your throat - feeling like something is stuck in your throat

Decreased energy or motivation, lack of strength

Feeling of Emptiness, feelings of apathy, lack of motivation

Nervousness, anxiety and/or heart palpitations

Shortness of breath

Stomach aches - GI issues

Headaches

Anxiety, agitation, tension or you may experience lethargy

Grief can lower your resistance to getting various flu's, colds, etc.

### Emotional:

**Feelings are feelings. We experience them and they are often unpredictable, especially in grief. They come and go. They are part of the normal experience of grief.**

Anxiety, anger, disbelief, panic

Fear, distrust, emptiness, hopelessness

Sadness- tearfulness, despair, yearning, depression,

Abandonment, helplessness, loneliness, emptiness,

Guilt, self-reproach, relief

Shame, sense of failure

### **Behavioral Response to Grief:**

Dreams of the decease

Social withdrawal

Disorganization

Poor concentration

Avoidance of things/places

Treasuring object of the decease

Loss of interest in activities

Lack of feeling or motivation

Hypersensitivity or Irritability

Regression in behaviors

Hostile or Aggressive Behaviors

Visiting special places

### **Thoughts Related to Grief:**

Preoccupation with death

Sense of deceased's presence

Personal Death Awareness

Suicidal ideation

Why???

"If (s) he loved me, (s) he wouldn't have died and left me"

"Will my family survive?" "Will my marriage survive?"

"What's going to happen to me?"