

Common Grief Reactions

Understand that your mind and body can experience a range of emotions and reactions such as:

Physical

- Nausea
- Headaches
- Hollow feeling in stomach
- Stomach aches
- Exhaustion/Fatigue
- Tightness/Heaviness in chest/throat
- Sensitivity to sound and light
- Achy muscles
- Lack of/increased appetite
- Challenges sleeping
- Dry mouth
- Body pain

Mental

- Denial
- Confusion
- Preoccupation
- Forgetfulness/ Poor memory
- Thoughts/feelings related to past losses resurface
- Challenges focusing
- Low motivation
- Disoriented
- Distracted

Social

- Isolation
- Loss of interest
- Withdrawal from social activities
- Loss of friends/making new friends
- Feeling disconnected
- Changes to identity

Spiritual

Your beliefs may be challenged and you may struggle to have faith in the things that you once believed in.

“Why did this happen?”

Emotional

- Depression
- Shock/Disbelief
- Sadness
- Anxiety
- Despair
- Irritability
- Regret
- Resentment
- Emptiness
- Anger
- Guilt
- Loneliness
- Relief

Behavioral

- Having dreams or nightmares
- Crying or not being able to cry
- Avoidance of certain places or people
- Carrying around meaningful or comforting objects
- Needing to tell or retell the story of what happened
- Changes to routine
- Withdrawal

