GRIEF IS:

An emotional reaction to loss
A painful, but healing process
Unavoidable

GRIEF IS NOT:

Unnatural Unhealthy Abnormal

COMMON EXPERIENCES OF GRIEF

Numbness, shock, denial Excess energy
Loss of appetite Relief
Weight gain Need for distraction
Headaches Fear
Tightness in chest or throat Anger
 Trouble sleeping Guilt
Constant fatigue Loneliness
Lack of energy Despair
Restlessness Ideas of suicide
Lack of concentration Hopelessness
Extreme forgetfulness Overwhelmed by emotional pain
Mood swings Need to be alone
Increase/decrease in sexual interest Feeling misunderstood
Nightmares Fear of going crazy
Constant preoccupation with loss Visions or hearing voices
Increased substance use Thoughts of reunion
Physical complaints Renewed interest in religion