

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