

## How Grief Affects You

You may not realize it, but grief affects you on **every** level. Here's how:

### Physically

- Crying
- Trouble sleeping
- Restlessness or hyperactivity
- Headache
- Stomachache or nausea
- Loss of appetite or increased appetite
- Weight loss or gain
- Lack of energy
- Pain around the heart (origin of the word "heartache")

### Mentally

- Unable to concentrate or stay focused
- Unable to make decisions
- Easily confused and forgetful
- Unorganized
- Constantly thinking about the death
- Not wanting to go on living
- Disbelief or denial that the person is really dead
- Glorifying the person who has died (Sometimes, we only remember the good qualities or times spent with that person.)

### Spiritually

- A loss or questioning of faith
- Anger at your faith system
- A strengthened faith
- A rediscovery of faith or interest in other belief systems (Wanting to connect with a faith community or a group to feel a sense of family.)
- Searching for the meaning of life (What your contribution will be/how you will be remembered.)
- An increased sense of connection with the loved one who died.
- Questioning why bad things have to happen.

### Emotionally

- Shock
- Numbness
- Anger (at the medical/legal system, the person who died, who/ what was responsible for the death.)
- Guilt
- Fear (this will happen again.)
- Regret
- Sadness
- Loneliness
- Insecurity
- Relief (That the person is no longer suffering or a bad relationship is over.)
- Shame (May be felt because of the nature of the death— suicide, AIDS, anorexia, crime.)

### Socially

- Feeling left out
- Feeling different
- Feeling isolated
- Change in peer relationships
- Withdrawal from friends and family



More this way...

## What you need when you grieve

In order to cope with your loss and move forward with your life, you need:

