

## **NORMAL RESPONSE TO GRIEF**

Grief can be so painful, seem so overwhelming and frightening that many people worry if they are grieving the "right" way and wonder if their feelings are normal.

**MOST PEOPLE WHO SUFFER A LOSS MAY EXPERIENCE ONE OR MORE OF THE FOLLOWING:**

- Feel tightness of the throat or heaviness in the chest
- Have an empty feeling in their stomach and loss of appetite
- Feel guilty at times and angry at others
- Feel restless and look for activity but find it difficult to concentrate
- Feel as though the loss isn't real and it didn't actually happen
- Wander aimlessly, are forgetful and don't finish things they've started to do
- Have a difficult time sleeping
- Feel intensely angry about the circumstances of the loss
- Feel as though they need to take care of other people who seem uncomfortable around them by politely not talking about the feeling of loss
- Need to tell and retell and remember things about the loss
- Feel their mood changes over the slightest things
- Cry at unexpected times

**THESE ARE ALL NATURAL AND NORMAL RESPONSES TO GRIEF**