

## Normal Grief Responses

Most people who suffer a loss experience one or more of the following:

- Feel tightness in the throat or heaviness in the chest
- Have an empty feeling in their stomach and lose their 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, that it didn't actually happen
- Sense the loved one's presence, like finding themselves expecting the person to walk through the door at the usual time, hearing their voice, or seeing their face
- Wander aimlessly and forget and don't finish things they've started to do
- Have difficulty sleeping, and dream of their loved one frequently
- Assume mannerisms or traits of their loved one
- Experience an intense preoccupation with the life of the deceased
- Feel guilty or angry over things that happened or didn't happen in the relationship with the deceased
- Feel intensely angry at the loved one for leaving them
- Feel as though they need to take care of other people who seem uncomfortable around them, by politely not talking about the feelings of loss
- Need to tell and retell and remember things about the loved one and the experience of their death
- Feel their mood change over the slightest things
- Cry at unexpected times

**IMPORTANT:** These are all natural and normal grief responses. It will be helpful, even though it hurts, to cry and talk with people when you need to.