

## **Learning About Grief**

Because grief can be so painful, and seem so overwhelming, it frightens us. Many people worry if they are grieving in the “right” way and wonder if the feelings they have are normal.

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

- Feelings of tightness in the throat or heaviness in the chest
- An empty feeling in their stomach and loss of appetite
- Feeling guilty at times, and angry with 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 love one's presence, like finding themselves expecting the person to walk in the door at the usual time, hearing their voice, or seeing their face
- Wander aimlessly, forget, and don't finish things they've started around the house
- Have difficulty sleeping and dream of their loved one frequently
- Assume mannerisms or traits of their love 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 with 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

**These are all natural and normal grief responses**

**It's important to cry and talk with people when you need to**