

Symptoms Of Grief

<p><u>Physical</u></p> <p>Hyperactive or under active Feelings of unreality Physical distress such as chest pains, abdominal pains, headaches, nausea Change in appetite Weight change Fatigue Sleeping problems Restlessness Crying and sighing Feelings of emptiness Shortness of breath Tightness in the throat</p>	<p><u>Emotional</u></p> <p>Numbness Sadness Anger Fear Relief Irritability Guilt Loneliness Longing Anxiety Meaninglessness Apathy Vulnerability Abandonment</p>
<p><u>Social</u></p> <p>Overly sensitive Dependent Withdrawn Avoid others Lack of initiative Lack of interest</p>	<p><u>Behavioral</u></p> <p>Forgetfulness Searching for the deceased Slowed thinking Dreams of the deceased Sense the loved one's presence Wandering aimlessly Trying not to talk about loss in order to help others feel comfortable around them Needing to retell the story of the loved one's death</p>

Helpful Hints through the Grieving process:

- Be patient with yourself
 - Don't compare yourself to others
 - Go through mourning at your own pace
 - Admit when you are hurting and acknowledge all feelings
 - When needed ask for and accept help
 - Talk with others
 - Face the loss
 - Exercise
 - Keep to a routine
 - Be open to pleasant changes into your life
 - Make a list to help you remember schedules and chores
 - Take care of something alive, such as a plant or a pet
 - Schedule activities to help you get through weekends and holidays
 - Get involved with something or someone outside of yourself
 - When you are ready, accept your feelings as part of a normal grief reaction
 - Postpone major decisions whenever possible
 - Do something you enjoy
 - Write in a journal
 - Don't isolate yourself
 - Rest
 - Eat regularly
- Know that you will survive.***