

Common Reactions to Grief

Physical and Mental Reactions:

- Sleep disturbances/dreams
- Weight and appetite changes
- Weakness and fatigue
- Deep sighing
- Decreased resistance to illness
- Restlessness/impatience
- Rapid heart beat
- Increased blood pressure
- Tightness in chest
- Difficulty swallowing
- Pit in stomach
- Decision-making impaired
- Concentration difficulties
- Forgetfulness

Behavioral Reactions:

- Crying
- Preoccupation
- Apathy regarding activities
- Decreased activity
- Detachment from surroundings
- Disorientation to time and place
- Withdrawal from friends
- Seeking solitude

Emotional Reactions:

- Shock
- Disbelief
- Numbness
- Confusion
- Sadness/depression
- Guilt
- Yearning/loneliness
- Fears/anxiety
- Feeling of being lost
- Anger

Spiritual Reactions:

- Re-evaluation of beliefs
- Anger at God
- Distance/closeness with God
- Difficulty attending place of worship