



Common Grief Reactions

Grief is a natural, personal response to loss and can affect emotions, thoughts, and even the body. Understanding common grief reactions can help you or your loved ones feel less alone and more supported.

PHYSICAL

- Fatigue
- Lack of Energy
- Sympathy Pains
- Hollowness
- Gut Sensations
- Tightness in Chest
- Tightness in Throat
- Shortness of Breath
- Dry Mouth
- Increased Noise Sensitivity
- Pain
- Sleep Disturbance
- Restlessness
- Tension
- Exhaustion
- Intensification of Underlying Conditions

MENTAL

- Disbelief
- Distracted
- Absent-Minded
- Forgetful
- Low Motivation
- Dreams of Deceased
- Poor Concentration
- Preoccupation with Loss
- Images of Deceased
- Expecting to See Deceased
- Confusion
- Memories of Other Losses
- Lack of Focus
- Denial



EMOTIONAL

- Sadness
- Loneliness
- Anger/Rage
- Guilt
- Anxiety
- Shock
- Yearning/Longing
- Relief
- Numbness
- Depression
- "Grief Attacks"
- Fear
- Helplessness
- "Crazy"/Out of Control
- Insecurity
- Resentment
- "Just Don't Care"
- Diminished Self-Concern
- Sorrow for One Who Died
- Betrayal/Disloyal
- Emptiness



SOCIAL

- Social Withdrawal
- Diminished Desire for Conversation
- Being Single (If Spousal Loss)
- Feeling a Need to "Take Care of Others"
- Less Tolerant of Others

BEHAVIORS

- Searching
- Crying/Tears
- Carrying Special Objects
- Going to Grave Site
- Keeping an Altar
- Keeping Belongings Intact
- Looking at Photos
- Listening to Music
- Talking to Deceased
- Avoidance of Grief Arousal
- Changes in Daily Routine



SPIRITUAL

- Questions About God
- Why Would God Allow This to Happen?
- How Are They?
- Where Are They Now?
- When Will I Die?
- Will I See Them Again When I Die?
- What Will Happen to Me When I Die?
- Sensing the Presence of the Deceased



TOOLS & TIPS FOR NAVIGATING GRIEF

• Grief Media Tools, Such as Books, Podcasts, and Web-Based Resources

Learning more about grief can be helpful and reassuring for many!

• Adjusting Self-Expectations

Grief is often exhausting and requires that grievers relearn what to expect from themselves. Listen to your body with an open mind and compassion. Grief is a marathon, not a sprint, and it's important to pace oneself.

• Self-Care

Grief and caregiving require people to give a lot of themselves. It is important to remember to refill your cup from time to time. Sometimes this means tending to things that have been placed on the back burner whilst caring for a loved one.

• Find Your Village

Social support can be huge and there can be security in community. For many, grief means the loss of a major support during a time of great need. It is important to learn who can be turned to for different kinds of support, and for many this means actively building up their support system or learning to utilize their supports differently.

• Support Groups and Counseling

Sometimes grievers just need to speak to people who get it, or access to spaces where they don't feel exhausted or overwhelmed. Grief counseling and grief support groups can be excellent ways of finding this kind of support or to hear from people who can relate to what you're going through.

Interested in Our Services?

Call us Today at 845-240-7579