

NORMAL GRIEF REACTIONS

A person may experience some of the following responses when someone they love dies. They are all natural and normal reactions to the loss of a loved one.

YOU MAY:

- Find it difficult to sleep at night; frequent dreams of your loved one.
- Feel an emptiness in your stomach and lose your appetite.
- Have difficulty concentrating on a task or completing an activity.
- Feel restless, wander aimlessly, or find yourself becoming forgetful.
- Sense the loved one's presence (expecting them to walk in the door at the usual time, hearing their voice, seeing their face).
- Feel as though the loss isn't real—it didn't really happen.
- Assume mannerisms or traits of your 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 your relationship with the deceased.
- Feel very angry at your loved one for leaving you.
- Cry at unexpected times.
- Feel your mood change abruptly.
- Feel an urge to tell and retell and remember things about your loved one and the experience of their death.
- Feel a need to take care of the people around you who appear uncomfortable by politely not talking about your feelings of loss.
- Have a "griefburst" when you hear a familiar song, drive by a place you used to go with the person who died, etc.

THESE GRIEF RESPONSES ARE NATURAL AND NORMAL.