

Loss of appetite,
Difficulty sleeping,
Weakness,
Fatigue,
Feelings of heaviness,
Aches, pains, upset stomach, nausea and vomiting
Lump in throat
Difficulty breathing

Emotional

Numbness
Disbelief
Sadness
Yearning
Worry
Anxiety, panic attacks
Anguish
Frustration
Anger
Relief
Guilt
Self-blame
Loneliness
Apathy
Loss of meaning and purpose
Abandonment
Vulnerability
Worthlessness

Disorganization,
Absentmindedness
Lack of focus
Confusion
Searching for the deceased
Dreams of the deceased
Assuming mannerisms and behaviors
of the deceased

Social

Isolation
Overly sensitive
Social Withdrawal
Lack of interest
Lack of initiative

Spiritual

Questioning the reason for your loss
Anger with God
Questioning the purpose of pain and
suffering
Questioning the purpose of life
Questioning the meaning of death

Helpful tips to assist with Grief

Stop all criticism: Accept yourself exactly as you are
Accept your feelings as normal grief
Allow yourself to accept the loss
Be patient and gentle with yourself
Walk and/or exercise outside regularly
Join a Gym
Eat high energy foods
Take care of your body
Go to the doctor if you have a health concern
Regulate your routine and your sleep pattern
Join a support group
Reach out to others knowing that they care
Do not try to numb the pain with drugs or alcohol
Try to limit the changes you have to make
Wait a year if possible before making major decisions
Crying is part of the process
Grief is a process

Accept that the process will take as long as it takes
Remember that the others may be grieving
Remember that you are not alone
You can get through this
All is not lost
Don't scare yourself you are not crazy
Think of things that make you smile
(Sunlight through the trees)
Don't feel guilty if something strikes you funny
Decisions are lessons to learn from, don't be afraid to
make them
Take a hot bath
Get a massage
Start a journal
Meditate
Love yourself—you are worth it