

Handout 4-2

Healthy Grief

Physical

- Physical responses: lump in the throat, shortness of breath, a tendency to sigh, hollowness/emptiness/discomfort, or pain in the abdomen.
- Aching body parts, dry mouth, over sensitivity to noise.
- Muscle weakness, lack of energy, appetite and sleeping changes, inability to concentrate, feeling heavy or weighted down.
- The immune system is weaker.

Emotional

- Loneliness, anger, guilt, fear, depression, isolation, sadness, longing, frustration, flat.
- Disorganized and confused
- Crying

Psychological

- Lack of concentration, forgetting things, preoccupation, inability to focus, frustration, and confidence might be shaken.

Social

- Feeling Isolated or like a third wheel.
- Wanting to talk about your person, to tell stories and remember, not wanting to burden others, avoiding people, places, and things that remind you of the person.
- Feeling like you are alone in a room full of people—feeling misunderstood.

Spiritual

- A loss of faith, a deepening of faith, a questioning of faith, a search for meaning, wondering about what happens after someone dies—asking the why's?
- Sense making.
- Taking up new Spiritual practices or letting go of old ones and reviewing your priorities and goal.
- Searching for meaning in death