



## Grief Reactions: Some Helpful Tips

The following are normal reactions to a loss of a loved one and some ideas on ways to work with them.

### **Forgetful, difficulty concentrating**

Keep a pad of paper and pencil available to write things down. Use sticky notes. Write yourself reminders and post them on your fridge. Keep your calendar, glasses, keys and bills all in special places so you can find them.

### **Difficulty eating upset stomach, loss of appetite.**

Eat small meals or at least one good meal, even if you are not hungry, just to maintain your own health.

### **Sleep disturbances**

Try not to nap during the day. Don't drink caffeine after 12:00 noon. Exercise, take a vigorous walk, work in the garden, listen to meditations etc.

### **Crying Spells**

Good! Keep tissues handy. Allow yourself to cry. It releases tension and toxins from your body.

### **Restlessness, can't keep still**

Exercise it doesn't have to be intense cardio workouts it can be walking gentle yoga, Qi gong. Any form of exercise that helps move stressful energy out of your body. Keep in contact with friends and family members you feel comfortable with. Write down things you enjoy doing. Try doing one of them. Keep the list handy for these restless times. Discover what simple things you enjoy; reading a book, adult colouring books puzzles, taking a bath, etc.

### **Irritable, frustration, anger:**

are all natural feelings when you're grieving that need to be released. Find ways to release anger through tears, throwing or hitting balls, beating a pillow, chopping wood, kick boxing and other forms of exercise etc. Talk with a trusted friend. Do whatever helps you. It's alright to talk or scream aloud to yourself or to the person who died. It can help.

### **Difficulty making decisions, can't concentrate**

Don't make any more decisions than you have to. Take your time sorting and giving belongings away. Try not to make major decisions, such as moving, for the first year.

### **Need to remember and retell about your loved one**

Keep a diary or journal. Find a trusted friend to talk to. Attend a support groups. Honour them on special days.

Give yourself permission to change - your routine, your furniture, places you go and activities you do

Above all, be kind to yourself...you are important be your own best friend.



## Grief Reactions

Grief can show itself in many different ways. One may experience one or more of the following symptoms... or none of them. This list is not meant to be a complete one.

<b>Physical Reactions</b>	<b>Emotional Reactions</b>
<ul style="list-style-type: none"><li>● Tightness in throat</li><li>● Dry mouth</li><li>● Tightness in chest</li><li>● Breathlessness/shortness of breath/frequent sighing</li><li>● Irregular heartbeat</li><li>● Hollowness in stomach</li><li>● Diarrhoea/constipation</li><li>● Muscle weakness</li><li>● Lack of energy/fatigue</li><li>● sexual disturbances</li><li>● Numbness</li><li>● Oversensitivity to noise</li><li>● Dizziness</li><li>● Sweating</li><li>● Explosive</li><li>● Crying</li><li>● Sleep disturbances</li><li>● Appetite changes</li></ul>	<ul style="list-style-type: none"><li>● Sadness</li><li>● Guilt and regret</li><li>● Emptiness</li><li>● Strange</li><li>● Anxiety</li><li>● Panic</li><li>● Worry</li><li>● Fear</li><li>● Frustration</li><li>● Anger</li><li>● Depression</li><li>● Loneliness</li><li>● Withdrawn</li><li>● Isolated</li><li>● Relief, release</li></ul>
<p data-bbox="386 1186 623 1218" style="text-align: center;"><b>Cognitive Reactions</b></p> <ul style="list-style-type: none"><li>● Confusion</li><li>● Lack of concentration</li><li>● Feeling of going crazy or losing one's mind</li><li>● Lack of control</li><li>● Numbness</li><li>● Detached, feeling of unreality</li><li>● Forgetfulness</li><li>● Denial, disbelief</li><li>● Constant thoughts of the person who has died</li><li>● Meaning of life</li></ul>	<p data-bbox="979 1039 1206 1071" style="text-align: center;"><b>Spiritual Reactions</b></p> <ul style="list-style-type: none"><li>● Doubt faith/blaming God</li><li>● Question spiritual or religious beliefs</li><li>● Lack of meaning or direction</li><li>● Wanting to die/to join the person who has died</li><li>● Find solace in religion</li><li>● Explore other cultural religious beliefs</li><li>● Examine values and meaning of life</li></ul> <p data-bbox="992 1438 1193 1470" style="text-align: center;"><b>Social Reactions</b></p> <ul style="list-style-type: none"><li>● Withdraw from others and social situations</li><li>● Difficulty being in large groups</li><li>● Refuse invitations</li><li>● No energy to initiate social contact</li><li>● Feeling of isolation, loneliness</li><li>● Disinterest in peoples conversations</li></ul>