

# Grieving



**Grieving is a healthy response to loss. There are many kinds of losses. While grieving, you may bounce back and forth between feelings of shock, denial, anger, guilt, sadness and acceptance. Below is some information that may help.**

## What causes grief?

- Death of someone you love
- Loss of your health or the health of someone you care about
- End of an important relationship, either romantic or friendship
- Loss of a job or financial security
- Loss of a friendship
- A miscarriage
- Loss of a dream or not reaching a long term goal
- Trauma that causes you to grieve the sense of safety or security you used to have

## Symptoms of Grief

Everyone grieves differently. The length of time spent grieving and the way grief is expressed depends on the person.

### Emotional Symptoms

- Crying spells
- Restlessness and irritability
- Sadness or depression
- Trouble concentrating
- Seeing images
- Anger
- Blaming yourself and/or blaming others
- Not being able to get organized
- Feeling like what's happening around you isn't real

### Physical Symptoms

- Diarrhea
- Dizziness
- Fast heartbeat
- Feeling like there is a lump in your throat
- Headaches
- Nausea
- Not feeling hungry or losing weight
- Shortness of breath
- Tightness in your chest
- Tiredness
- Trouble sleeping

# Healing from Grief

## **Allow yourself to grieve.**

You may want to deny what happened to you, but this is a short term solution. You have to acknowledge your grief in order to heal from it. Allow yourself to cry, be angry, or to feel any other emotions you need to.

## **Find a support system.**

Reach out to your family and your friends. Join a support group for people who are grieving something similar. Talk to a counselor or therapist.

## **Take care of yourself.**

Take good care of yourself physically. Exercise regularly and eat well. When you take care of yourself physically you will feel better emotionally.

## **Avoid depressants such as alcohol.**

Alcohol can make you feel more depressed. Not drinking alcohol may be a good idea while you are grieving.

## **Get back to your normal routine as soon as you can.**

Having things to do and schedules to keep can help you deal with grief. It may be necessary to take some time away from your normal schedule to grieve at first, but after awhile it is more helpful to resume your daily routine.

## **Prepare for hard times such as holidays or being in places that are reminders.**

After you have begun moving on, it is normal to have moments where you will feel like you did when you were grieving the most. By planning ahead you can make sure that you have everything you need when you are in these situations.

## Moving On

It is normal for some people to stay in the grieving period for a long time and for others to only grieve a short time. How much you grieve depends on your situation and your needs. When you begin to move on and stop grieving it is normal to feel guilty. It does not mean that your loss means any less to you because you are moving on. It is natural to grieve and it is natural to eventually move on.

