

Grief Heals



NORMAL AND NATURAL RESPONSES TO GRIEF

- Feeling Numb
- Finding It Hard to Believe That the Death has Really Happened
- Physical Pain
- Changes in Appetite
- Increased Use of Alcohol and Drugs
- Feeling Restless and Fidgety
- Needing to be in Constant Motion
- Trouble Concentrating
- Being Accident Prone
- Difficulty Completing Tasks
- Trouble Sleeping
- Reliving the Death
- Fear about Your Own Health and Well Being
- Developing Symptoms Similar to Those of the Person Who Died
- Feeling Exhausted
- Feeling Renewed Grief around Birthdays, Holidays, Anniversaries, and Other Special Occasions
- Telling and Retelling Stories about the Person and/or the Death
- Talking To the Person Who Died
- Thinking You Hear, Smell, See or Feel Them

- Volatile Mood Changes
- Unusual Irritability or anger
- Indecisiveness
- Preoccupation With the Person Who Died
- Acting or Speaking Like the Person Who Died
- Losing Your Sense of Purpose and Direction
- Isolation and Loneliness
- Feeling Sorry for Yourself
- Relief (that it's over for you and/or for them)
- Feeling Like You're Going Crazy
- Difficulty Getting Along with Your Family
- Being Afraid You'll Forget Them
- Feeling Overwhelmed
- Money /Changes in Spending Habits
- Sadness and Depression
- A Crisis in Faith / Changes in Your Religious or Spiritual Practice
- Guilt
- Having Trouble Remembering What They Looked Like or Sounded Like

For More Information and Support go to:

<https://griefheals.com>

To Contact Susan at Grief Heals, go to:

<https://griefheals.com/contact-me/>