

# Samaritan

The Samaritan Center for Grief Support  
Common Grief Reactions

## Possible Physical Symptoms of Grief:

- Headache
- Stomachache
- Muscle tension
- Tightness in chest
- Anxiety or panic
- Appetite changes (eating more or less)
- Visual / auditory experiences of the deceased
- Fatigue
- Disorientation
- Sleep changes (more / less)

## Possible Emotional Symptoms of Grief:

- Feeling "crazy" or abnormal
- Tearful often or unexpectedly
- Depressed or changes in mood
- More forgetful
- Lack of concentration
- More sensitive
- Limited patience / tolerance
- Anger at self, others or deceased
- Fear of own death or others
- Difficulty making decisions
- Guilt or regrets

## Possible Spiritual Symptoms of Grief:

- Inability to connect with your spirituality
- Lack of spiritual interest
- Extreme comfort by spiritual support
- Attending spiritual services may become painful, distressful or comforting
- Disbelief in, or anger towards, spiritual being
- Hope / comfort of belief in life after death
- Confusion about spiritual/religious thinking
- Emptiness / feeling detached

Courtesy of The Samaritan Center for Grief Support.  
For more information, please call (800) 596-8550.

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(continued)

**Possible Reactions to Normal Stimuli**

- Difficulty completing tasks that remind you of the deceased (examples may be shopping, cooking, gardening, etc.)
- Anger at others who have their loved one(s) and are enjoying life together
- Upset with those who take for granted the time they have with their loved one(s)
- Inability to enjoy activities that remind you of the deceased

**Some helpful hints:**

- Breathing may be affected by grief. Take a moment several times a day to take a slow, deep breath.
- Reading books on grief and the grieving process may provide reassurance and support.
- Regular eating and exercising may help relieve some of the stress related to grieving.
- Drink plenty of water to prevent dehydration.
- Nurture yourself and allow others to nurture you.
- Maintain a routine schedule.

Consult your doctor for any concerns regarding symptoms you are experiencing.

Consult a grief counselor if you continue to feel overwhelmed by emotions.

Seek support from those around you.

Loneliness is a common reaction to the death of a loved one.

Grieving promotes healthy healing.

Attending a support group may be helpful.

Time and intensity of grief reactions vary with each individual.

Caffeine, nicotine and alcohol consumption may aggravate your symptoms.

Courtesy of  
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