

Samaritan

LIFE-ENHANCING CARE

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

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
The Samaritan Center for Grief Support
3906 Church Road, Mount Laurel, NJ 08054
(800) 596-8550
www.SamaritanHealthcareNJ.org