

What are Normal Grief Reactions?



Definition

Normal feelings, behaviors and reactions to a loss. Normal grief reactions to a loss can be physical, emotional, cognitive and behavioral.

Normal Grief Reactions

<u>Physical</u>		<u>Emotional</u>	
hollowness in stomach	dizziness	numbness	ambivalence
tightness in chest	muscle aches	relief	shock
heart palpitations	sexual impotency	emancipation	helplessness
sensitivity to noise	insomnia	sadness	hopelessness
breathlessness	tremors or shakes	yearning	abandonment
weakness	headaches	anxiety	loss of control
tension	restlessness	fear	emptiness
lack of energy	tight throat	anger	despair
dry mouth	exhaustion	shame	loneliness
loss of libido	weight gain or loss	guilt and self reproach	loss of ability for pleasure
vulnerable to illness	gastrointestinal disturbances		
increase/decrease of appetite			



Cognitive

disbelief state of depersonalization
confusion
inability to concentrate
idealization of the deceased
preoccupation with thoughts or image of the deceased
dreams of the deceased
sense of presence of deceased
fleeting, tactile, olfactory, visual and auditory hallucinatory experiences
search for meaning in life and death

Behavioral

impaired work performance
crying
withdrawal
avoiding reminders of the deceased
seeking or carrying reminders of the deceased
over-reactivity
changed relationships

