



Symptoms of Grief

Because grief can be so painful, and seem overwhelming, it frightens us. Many people worry if they are grieving in the "right" way, and wonder if the feelings they have are normal.

Most people who suffer a loss experience one or more of the following:

- Feel tightness in the throat or heaviness in the chest.
- Have an empty feeling in their stomach and lose their appetite.
- Feel guilty at times and angry at others.
- Feel restless and look for activity but find it difficult to concentrate.
- Feel as though the loss isn't real, that it didn't actually happen.
- Wander aimlessly, forget, and neglect to finish things they've started around the house.
- Have difficulty sleeping.
- Experience an intense preoccupation with the life of the deceased.
- Feel as though they need to take care of other people who seem uncomfortable around them by politely not talking about their feelings of loss.
- Feel their mood change over the slightest things.
- Cry at unexpected times.

All of these are natural and normal grief responses. It is important to talk and cry with people when you feel the need to do so. By learning about the process of grief and learning to express our feelings concerning our experience, we are able to make sense of what has happened and use our natural resilience to move forward in our personal and work lives.

During times of change it may be helpful to talk with someone in addition to your family and friends, and you may consider speaking with a counselor. Your EAP has counselors available 24 hours a day at the numbers listed at the bottom right and you are welcome to call us.