



**The
Community Hospice
Grief Center**

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Symptoms of "Normal" Grief

Cognitive

- Confusion, disorientation
- Difficulty concentrating
- Memory impairment
- Thoughts of wanting to join the deceased

Physical

- Achy, stiff muscles
- Changes in appetite, weight loss or gain
- Changes in sleep patterns
- Dizziness, vertigo
- Fatigue, exhaustion
- Headaches
- Nausea, stomach aches, intestinal problems
- Pounding heartbeat, tightness in the chest
- Restlessness
- Weakened immune system

Emotional

- Anger – at the deceased, survivors, doctors, self, God
- Anxiety, fear, panic
- Deep sadness
- Denial
- Depression
- Frustration
- Guilt
- Helplessness
- Irritability
- Loneliness, isolation
- Numbness
- Relief that deceased's suffering has ended or that a bad relationship is over
- Shame
- Shock and disbelief that the death has occurred
- Worry

Behavioral

- Accident-proneness
- Frequent crying
- Loss of interest in usual activities
- Nightmares
- Over-activity
- "Paranormal" experiences – visions of the deceased, etc.
- Withdrawal from friends and family

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