



SYMPTOMS OF GRIEF

Changes in the way you behave, such as:

- Crying
- Lack of energy
- Changes in eating or sleeping patterns
- Feeling generally “under the weather”
- Withdrawing socially
- Less productivity
- Increased restlessness and anxiety
- Increased need for reassurance from others
- Changes in sexual interest/activity

Changes in the way you think, such as:

- Avoiding or denying the loss
- Not being able to pay attention or concentrate
- Thinking about your loss almost all of the time
- Idealizing the past
- Focusing on searching for reasons for the loss
- Dwelling on mistakes and regrets, real or imagined

Changes in the way you feel, such as:

- feel tired or weak
- anger or envy at seeing others who have experienced a loss
- increased sadness
- increased depression
- confusion
- increased flatness in mood