

Effects of Grief

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Grief is a natural and normal reaction to loss and change. It affects ALL aspects of ourselves: the physical, emotional, psychological, behavioral, and spiritual.

PHYSICAL EFFECTS

- headaches
- dizziness
- exhaustion
- muscular aches
- loss of appetite
- insomnia
- hollowness
- breathlessness

EMOTIONAL EFFECTS

- anger
- sadness
- anxiety
- sense of helplessness
- shock
- numbness
- yearning
- relief
- guilt

PSYCHOLOGICAL EFFECTS

- sense of depersonalization
- lack of concentration
- search for the meaning of life or death
- dreams of the deceased
- preoccupation with thoughts of the deceased

BEHAVIORAL EFFECTS

- crying
- change of relationships
- avoiding reminders
- carrying reminders
- withdrawal
- over-activity
- moodiness
- apathy

SPIRITUAL EFFECTS

- embracing one's faith
- questioning one's faith
- reliance upon God
- anger toward God
- coming to grips with one's own mortality
- searching for the meaning of life

Because grief is such a unique reaction, the intensity, pattern, time frames and resolution will vary for every individual.