

Understanding Grief

“Grief” is a word we hear throughout our entire life, but we never really understand it until we experience it. Grief is a normal response to a loss. It is the way we feel and behave following a death.

Grief can be ugly, unforgiving, confusing, and disorienting. It also may be warmed by feelings of peace, comfort or even gratitude. Whatever you feel, know that your feelings are unique to you. Others may have lost a spouse, parent, sibling, grandparent, uncle or friend, but no one can feel exactly as you do. Each relationship is one of a kind; therefore the response to the loss is equally unique.

Common responses to a loss may include:

Physical sensations, behaviors, emotions,	Tightness in the chest,
Sleep disturbance	Sadness
Muscle weakness	Change in appetite
Loneliness	Lack of energy
Restlessness Emptiness	Loss of interest in activities
Helplessness	Crying
Weight and appetite change	Weakness and fatigue
Need to be around others	Regret
Lowered immune system	Anger
Guilt	Fear
Numbness	Confusing Thought
Processes	Confusion
Spiritual Reactions	Preoccupation
Searching for meaning	Forgetfulness
Assessing your values	Inability to Concentrate
Anger at God, church, higher power	

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2002