

## **GRIEF SYMPTOMS**

### **NORMAL GRIEF SYMPTOMS**

#### **STAGES:**

Shock for a short time  
Restlessness  
Depression  
Sense of isolation  
Loneliness  
Physical symptoms of distress of varying degrees  
Panicky about self  
Hostility to others  
Anger  
Unable to return to usual activities  
Begin to overcome and take charge  
Grief in perspective  
Readjust to reality with loss integrated within and as part of new reality.

#### **PHYSICAL SYMPTOMS**

Sighing  
Dry throat  
Loss of appetite  
Insomnia  
Non-productivity  
Heart palpitations  
Breathlessness  
Allergies  
Symptoms of deceased  
Bad dreams

#### **PSYCHOLOGICAL SYMPTOMS**

Shock (emotional blanket)  
Lack of trust in self & others  
Loss of faith  
Feeling crazy  
Intermittent relapses  
Guilt and unfinished business  
Hostility in general  
Envy  
Idealizing the dead  
Some visions