

Redwood Caregiver Resource Center
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Serving: Del Norte, Humboldt, Mendocino, Lake, Sonoma,
Napa & Solano Counties



CHARACTERISTICS OF GRIEF

Because grief can be so painful and seem so overwhelming, it frightens us. Many people wonder if they are grieving in the “right” way and if what they are experiencing is normal.

Most people who suffer a loss experience some of the following.

PHYSICAL CHARACTERISTICS

- A tightness in the throat or heaviness in the chest; frequent sighing.
- A loss of appetite and / or nausea.
- A chronic feeling of tiredness and / or muscle weakness, numbness.
- Feeling dizzy, short of breath or headachy.

EMOTIONAL CHARACTERISTICS

- Feeling depressed and sad, that life has no meaning. Feeling isolated and separated from others.
- Feeling angry at God. Feeling angry at and abandoned by the one who died.
- Feeling anger toward others whose lives seem happy.
- Experiencing sudden changes of mood. Crying at unexpected times.
- Feeling a yearning for life as it used to be.
- Spending much time reviewing the past.
- Feeling apathetic, with loss of interest in usual activities.
- Feeling guilt over real or imagined wrongdoings.
- Feeling guilt over times when happy.