

THE PAIN OF GRIEF

Experiencing the pain of grief includes the literal physical pain that many people experience and the emotional and behavioral pain associated with loss. It is necessary to acknowledge and work through this pain or it will manifest itself through some symptom or other form of aberrant behavior.

COMMON REACTIONS TO GRIEF

Emotional Reactions

Numbness
Confusion
Sadness
Guilt
Yearning
Despair
Hopelessness
Helplessness
Feeling of being lost
Anger
Bitterness

Physical Reactions

Deep sighing
Weakness and fatigue
Rapid heartbeat
Increased blood pressure
Decrease in activity
Muscular tension
Sleep disturbances
Decreased resistance to illness
Weight and appetite change
Neglect of self
Increased sensory awareness

Behavioral Reactions

Blameful of others
Apathetic regarding activities
Preoccupied
CRYING
Seeking solitude
Seeking forgiveness
Searching for what was lost
Detached from surroundings
Disoriented to time and place
Withdrawn from friends and activities
Unable to concentrate

Being able to identify the common reactions lets you know that the feelings you are having are considered normal for people in grief. However, identifying and

coping with these reactions can be extremely difficult. Please call the funeral home for information regarding local support groups and bereavement counselors. Sometimes just knowing there is someone to talk to can relieve some of the emotional, physical, and behavioral reactions.

**Information provided by,
Black and Clark Funeral Home**