

Grieving is hard work.

It impacts your whole being:

*physically, cognitively, emotionally,
socially, and spiritually.*



CAROLINA CARING

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Listed below are some of the normal reactions you experience. While you will not experience all these responses, it is helpful to acknowledge them and know that it is normal for grief.

PHYSICALLY:

Exhaustion

Loss or increase of appetite.

Sleeping more or less

Nurture your physical self: get adequate sleep, take naps when able, exercise moderately, drink water and eat healthy, rest, and relax.

Pay attention to how your physical body responds to grief.

COGNITIVELY:

Inability to concentrate or finish a task.

Inability to make a decision.

Confusion and forgetfulness.

Keep it simple: Make to-do lists. Break tasks down into simple steps. Read short articles to learn about the grief process. Try not to make major decisions.

EMOTIONALLY:

Feeling shocked, numb or an absence of feelings.

Feelings of anger, guilt, peace, sadness, joy.

Feeling helpless or hopeless.

Experience your emotions: Your feelings are your own, to be acknowledged and expressed. Write about your feelings. Take care of yourself by doing something good for yourself. Do relaxation exercises. Listen to music. It is okay if you feel good or are happy. Feelings are not good or bad, right, or wrong. Emotions are not logical but felt.

SOCIALLY:

Loneliness.

Feeling loss of a role.

Feeling like you are being avoided or "over-watched."

Stay connected: Talk with others who knew your loved one. Try to accept the care given to you. Tell them what you need and when you need it. Find a support group of people experiencing a similar loss.

SPIRITUALLY:

Questioning your spiritual beliefs.

Questioning the meaning of life and death.

Being angry at God.

Be Open: Find a way to nurture your spirituality daily. Be honest with your feelings and questions. Talk with your faith community leader. Find your own special way of remembering your loved one.

Grieving takes time. You may feel like you are on a roller coaster ride of emotions.

Try to be patient with yourself and not judge yourself. Just as each person is different, each person's grief is different.

The Grief and Healing Center at Carolina Caring is available to provide support with the loss of a loved one.

For more information, call 828.466.0466 ext. 3201 or visit www.carolinacaring.org/support.