



Physical	Emotional	Mental
 Pain Fatigue (exhaustion, low energy) Sleep disruption Appetite disruption Shortness of breath Tightness or heaviness in chest & throat Hollow feeling in stomach Heartache (broken heart) Dry mouth Muscle tension Restlessness Sensitivity to stimuli "Grief attacks" "Sympathy pains" 	 Shock Emptiness Sadness Sorrow for the one who died Loneliness, longing, yearning Anger Guilt, regret Resentment "More I should have done" 	 Disbelief Confusion Disorientation Absentmindedness Forgetfulness Poor concentration Distraction Difficulty focusing, attending Low motivation Expecting to see the deceased Preoccupation with the deceased Need to tell & retell story Dreams of images of the deceased Denial Thinking about other deaths and losses
 Social Being isolated by others Withdrawing from social activities Diminished desire for conversation Being "widowed", "single", etc. Hide grief to "take care of others" Lose friends, make new friends 	 Behavioral Crying (sometimes unexpectedly) Searching for the deceased Carrying special objects Going to the grave site Making & keeping an altar Keeping belongings intact Looking at photos/videos Talking to the deceased Avoiding situations that arouse grief Changes in daily routine "Staying busy" Assuming mannerisms of the deceased 	 Spiritual Questions about God: Why would God allow this? Questions about deceased: Where are they now? Are they okay? Can they see me? Will I see them again? What will happen when I die? Sensing the deceased's presence Hearing, smelling, or seeing the deceased Death affirms or challenges beliefs Awe, wonder, mystery