



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