

What is grief?

Grief is more than just sadness and you might be overwhelmed by a variety of different emotions and feelings in your body as your grief changes over time. Grief is different for everyone: everyone deals with it in their own unique way.

We can separate the effects of grief into thoughts, feelings, and behaviors. You might experience some, all, or none of these.

Source: <https://www.psychologytools.com/self-help/grief-loss-and-bereavement/>

How you might think and remember	How you might feel emotionally and in your body	How you might act
<ul style="list-style-type: none"> • Thoughts about unfairness • Worries about how you will cope • Anger at the person for leaving you • Thoughts that you can't go on • Thoughts about what you should have done or said • Thoughts about how things are going to be different • Thoughts about what you are going to miss • Remembering conversations (or arguments) • Wishing that you had done things differently • Unwanted memories • Dreams or nightmares • Happy memories • Thoughts that they're at peace • Thoughts that they are not suffering • Seeing or hearing your loved one 	<ul style="list-style-type: none"> • Strong emotions • Fear • Anxiety • Guilt • Regret • Numb • Hopeless • Helpless • Anger • Sadness • Yearning • Longing • Frustration • Forgetfulness • Irritable • Tired • Fatigued • Pain • Heartache • Emptiness • No feelings at all • Shock • Disbelief • Feeling sick • Unable to eat • Unable to sleep • Tired • Relief • Peace • Content 	<ul style="list-style-type: none"> • Dwell, ruminate, ponder • Avoid reminders • Avoid being alone • Avoid being with people • Carry on as normal • Keep busy • Tell other people you feel ok • Stay in bed • Stop doing things that you used to do • Drink alcohol • Distract yourself • Behave recklessly, take risks • Remember them • Visit their resting place • Want to be near them • Talk to them • Look at photos • Speak to people who were close to them • Look through their belongings