

# Grief Reactions



<h3>Feelings</h3> <ul style="list-style-type: none"> <li>• Sadness</li> <li>• Depression</li> <li>• Anger: I'm really mad she died</li> <li>• Guilt: I could have done something</li> <li>• Fear: Is this going to happen again.</li> <li>• Disbelief: I can't believe it happened</li> <li>• Anxiety</li> <li>• Loneliness</li> <li>• Fatigue</li> <li>• Helplessness</li> <li>• Shock</li> <li>• Relief</li> <li>• Numbness</li> </ul>	<h3>Physical</h3> <ul style="list-style-type: none"> <li>• Hollowness</li> <li>• Tightness in chest</li> <li>• Tightness in throat</li> <li>• Oversensitive to noise</li> <li>• Sense that nothing seems real</li> <li>• Breathlessness</li> <li>• Headaches</li> <li>• Lack of Energy</li> <li>• Dry mouth</li> </ul>	<h3>Thoughts</h3> <ul style="list-style-type: none"> <li>• Disbelief</li> <li>• Confusion: This doesn't make sense</li> <li>• Preoccupation</li> <li>• Sense of presence</li> <li>• Hallucinations</li> <li>• Don't Talk: If I don't talk about it, it will go away.</li> <li>• Blame: If it weren't for, this would never happen</li> </ul>
<h3>Behaviors</h3> <ul style="list-style-type: none"> <li>• Sleep Problems</li> <li>• Appetite Disturbance</li> <li>• Forgetful</li> <li>• Social withdrawal</li> <li>• Dreams of deceased</li> <li>• Avoiding reminders of deceased</li> <li>• Trouble concentrating in school</li> <li>• Restless/Overactive</li> <li>• Crying</li> <li>• Visiting places/carrying objects that remind survivor of deceased</li> <li>• Treasuring objects</li> <li>• Wanting to be left alone</li> <li>• Arguing with friends or family</li> </ul>	<h3>At the Memorial Service and Funeral</h3> <p><b>Shaky:</b> We sometimes feel shaky inside, our hearts pound, we sweat.</p> <p><b>Worry:</b> We worry about what to say, or worry that we cannot seem to say anything, or that we may say something wrong.</p> <p><b>Confused:</b> We are confused about what is happening</p> <p><b>Mad:</b> We sometimes are mad with how others are acting or do not understand why they are acting like they are.</p> <p><b>If we chose to stand before the casket:</b> (Please let students know that they do not have to go up to the casket) Sometimes at the casket it can seem as if the person who died is breathing. This is not real. It is hard to believe our friend is dead.</p> <p><b>Wish we were someplace else:</b> sometimes when we are at the service we wish we were someplace else.</p>	