



UNDERSTANDING GRIEF

“Normal is just a setting on the dryer.”

- Barbara Johnson, author and speaker

“Grief” is a word we hear throughout our entire life, but we never really understand it until we experience it. Grief is a normal response to a loss. It is the way we feel and behave following a death. Grief can be ugly, unforgiving, confusing, and disorienting. It also may be warmed by feelings of peace, comfort or even gratitude. Whatever you feel, know that your feelings are unique to you. Others may have lost a spouse, parent, sibling, grandparent, uncle or friend, but no one can feel exactly as you do. Each relationship is one of a kind; therefore the response to the loss is equally unique.

Common responses to a loss may include:

Physical Sensations

Tightness in the chest
Muscle weakness
Lack of energy
Sleep disturbance
Weight and appetite changes
Weakness and fatigue
Lowered immune system

Behaviors

Sleep disturbance
Change in appetite
Restlessness
Loss of interest in activities
Crying
Need to be around others

Emotions

Sadness Anger
Loneliness Guilt
Emptiness Fear
Helplessness Numbness
Hopelessness
Regret

Thought Process

Confusion Preoccupation
Forgetfulness
Inability to concentrate

Spiritual Reactions

Searching for Meaning
Assessing your values
Anger at God, church, higher power

Bringing Quality Healthcare Home

For more information, please contact Cassie Snell or Renee Bunderson, LSW at Heritage Hospice office at (208) 238-0088.