

## *Common Signs of Grief*

Although everyone experiences and expresses their grief differently there are some common reactions. Grief can show itself in all spheres of your life: psychological (emotional), social, physical and spiritual. We can give you some tools to support you through your journey.

### **You may experience some or all of the following:**

- Your grief may be painful and intense.
- Your grief may take longer than most people think it should.
- Your grief may take more energy than you can imagine.
- Your grief may show itself in all spheres of your life: psychological, social, physical and spiritual.
- Your grief will depend upon how you perceive the loss.
- You may grieve for many things (both symbolic and tangible), not just the death itself.
- You may grieve for what you have lost already as well as for the future.
- Your grief may entail mourning for the hopes, dreams and unfulfilled expectations you held for and with that person.
- Your grief may involve a wide variety of feelings and reactions: some expected, some not.
- Your loss may resurrect old issues, feelings and unresolved conflicts from the past.
- You may have some identity confusion, due to the intensity and unfamiliarity of the grieving experience and uncertainty about your new role in the world.
- You may have a combination of anger and depression: irritability, frustration, annoyance, intolerance.
- You may feel guilt in some form.
- You may have a lack of self-concern and self-esteem.
- You may experience spasms or acute upsurges of grief that occur without warning.
- Your grief may involve continual changes.
- You may have trouble thinking and making decisions: poor memory, organization and concentration are common experiences.
- You may feel like you are going crazy.
- You may be obsessed with the death or preoccupied with thoughts of the dead person.
- You may search for meaning in/for your life and question your beliefs.
- You may find yourself socially acting in different ways.
- Society may have unrealistic expectations about your mourning and may respond inappropriately.
- You may have a number of physical reactions: e.g. stomach upsets, headaches, non-specific aches and pains, sleep disturbances, loss of appetite, etc.
- Certain dates, anniversaries, birthdays, events, seasons and stimuli may bring upsurges in your grief.
- You may try to escape from your grief by "running away" or making dramatic changes in your life.

**Hospice Georgina provides support to people with a serious illness, their family and friends, from diagnosis through grief. We offer:**

- Individual and Family visiting and support
- Support Groups
- Education and speakers on palliative end of life support and grief recovery.

**For more information, please call 905-722-9333 or [www.hospicegeorgina.com](http://www.hospicegeorgina.com)**