

Physical, Emotional, Cognitive Symptoms of Grief

Physical

Nausea
Diarrhea
Generally rundown
Sleep disturbances
High blood pressure
Headaches
Chest pain
Autoimmune illness
No appetite/eating all the time
Weight loss/gain
Breathlessness
Exhaustion
Increased startle response
Hyper vigilance
Sore muscles
Overly sensitive to noise/light
Like run over by a truck
Like a shotgun blast to the stomach

Emotional

Fear
Helplessness
Guilt
General anger
Numbness
Sadness
Abandonment
Vulnerability
Specific anger at loved one, God,
situation or others involved
Feelings of detachment

Cognitive

Denial/shock
Loss of memory
Lack of concentration
Feeling like "you're going crazy"
Inability to retain new information
Irritability
Constant questioning
Looping on "why" and "what if"
Blackouts of conversations or events
Distractible
Trouble making small decisions
Trouble with organization
"In a fog"
Slow motion

Emotional

Inability to feel joy
Restlessness/feeling on edge
Isolating
Apathetic
Overwhelmed
Loss of compassion for others
Panic attacks
Envy
Bitterness
Anxious