**Some Normal Grief Emotions**

* Sad
* Hurt
* Horrified
* Afraid
* Miserable
* Lonely
* Shocked
* Questioning
* Thoughtful
* Overwhelmed
* Anxious
* Regretful
* Surprised
* Angry
* Numb
* Disappointed
* Envious
* Undecided
* Relieved
* Frustrated
* Self-blame
* Irritable

**Some Physical Symptoms During Grief**

* Tightness in chest/throat
* Feeling breathless or dizzy
* Feeling a racing or pounding heartbeat
* Overly sensitive to noise
* Nothing seems real
* Weak or tense muscles
* Lack of energy, fatigue
* Dry mouth
* Queasy stomach or nausea
* Feeling like there is a lump in your throat
* Headaches

**Some Normal Thoughts When Grieving**

* Disbelief – It feels like nothing that is happening is real
* Anger and blaming
* Confusion
* Unable to concentrate
* Thinking “too much” about the person who died
* Sense of the person who died being there with you
* Dreaming about the person who died
* Feeling of “going crazy”
* Sadness or depression

**Some Normal Behaviors When Grieving**

* Not being able to sleep
* Poor appetite
* Crying
* Sighing or yawning a lot
* Being “absent-minded” or not organized
* Restless or overactive
* Social withdrawal
* Doing things like the person who died

**These five stages of loss can happen in any order:**

* Denial Bargaining Anger Despair Acceptance