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GHS Hospice of the Foothills

## Continuing on Your Grief Journey

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Because grief can be so painful and often seems overwhelming, it frightens us. Many people worry if they are grieving the “right” way, and they wonder if these new feelings they have are normal.

Most people who suffer a loss experience one or more of the following normal grief reactions:

- Feel tightness in the throat or heaviness in the chest
- Have an empty feeling in the stomach or lose their appetite
- Feel guilty at times or angry at other people
- Feel as though the loss isn't real or that it didn't actually happen
- Feel restless—begin activities but find it difficult to concentrate
- Sense the loved one's presence, such as expecting the person to walk in the door at the usual time, hearing that familiar voice or seeing the face of the one who is no longer with them
- Wander aimlessly, forget details and don't finish things they've started
- Have difficulty sleeping or dream of the loved one frequently
- Spend lots of time thinking about the life of the one who died
- Take on interests or traits of the loved one
- Feel guilty or angry over things that had happened in their relationship with the one who died
- Feel angry at the loved one for leaving them
- Feel as though they need to protect other people by politely not talking about their feelings of loss
- Need to tell and retell things about the loved one and the experience of his or her death
- Feel their moods change over the slightest things
- Cry at unexpected times

These are all natural and normal grief responses. It's important to cry and talk with people about the feelings you experience. If you're concerned or worried about your reactions, or need someone to talk to, call us at (864) 882-8940.