

Normal/Expected Reactions to Death

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| <p>Physical Symptoms:</p> <ul style="list-style-type: none">- Hollowness in stomach (stomach ache)- Tightness in the chest- Tightness in the throat- Over sensitivity to noise- A Sense of depersonalization (“I don’t feel real, I don’t feel like myself).- Shortness of breath- Weakness in the muscles- Lack of energy- Dry mouth- Headache | <p>Thoughts</p> <ul style="list-style-type: none">- Disbelief- Confusion- Preoccupation- Sense of the person’s presence- Hallucinations (both visual and auditory - usually transient experiences, usually within the first few weeks) |
| <p>Feelings</p> <ul style="list-style-type: none">- Sadness- Anger- Guilt (worries about not being nice enough)- Anxiety- Loneliness- Helplessness- Shock- Yearning for the person- Numbness | <p>Behaviors</p> <ul style="list-style-type: none">- Sleep Problems- Appetite changes- Absent Mindedness- Social Withdrawal- Dreams of the person we lost- Avoiding reminders (avoiding places or things)- Sighting- Restless/overactivity- Crying- Visiting places or carrying objects that remind us of the person we lost- Treasuring objects belonged to the person |