



Effects of Grief

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Grief is a natural and normal reaction to loss and change. It affects ALL aspects of our selves: the physical, emotional, psychological, behavioral, and spiritual aspects.

PHYSICAL EFFECTS

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| • headaches | • dizziness | • exhaustion |
| • muscular aches | • loss of appetite | • insomnia |
| • hollowness | • breathlessness | |

EMOTIONAL EFFECTS

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| • anger | • sadness | • anxiety |
| • sense of helplessness | • shock | • numbness |
| • yearning | • relief | • guilt |

PSYCHOLOGICAL EFFECTS

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| • sense of depersonalization | • lack of concentration |
| • search for the meaning of life or death | • dreams of the deceased |
| • preoccupation with thoughts of the deceased | |

BEHAVIORAL EFFECTS

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| • crying | • change of relationships |
| • avoiding reminders | • carrying reminders |
| • withdrawal | • over-activity |
| • moodiness | • apathy |

SPIRITUAL EFFECTS

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| • embracing one's faith | • questioning one's faith |
| • reliance upon God | • anger toward God |
| • coming to grips with one's own mortality | • searching for the meaning of life |

Because grief is such a unique reaction, the intensity, pattern, time frames and resolution will vary for every individual.