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.

<table>
<thead>
<tr>
<th>PHYSICAL EFFECTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>• headaches</td>
</tr>
<tr>
<td>• muscular aches</td>
</tr>
<tr>
<td>• hollowness</td>
</tr>
<tr>
<td>• dizziness</td>
</tr>
<tr>
<td>• loss of appetite</td>
</tr>
<tr>
<td>• breathlessness</td>
</tr>
<tr>
<td>• exhaustion</td>
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<tr>
<td>• insomnia</td>
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<thead>
<tr>
<th>EMOTIONAL EFFECTS</th>
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<tbody>
<tr>
<td>• anger</td>
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<tr>
<td>• sense of helplessness</td>
</tr>
<tr>
<td>• yearning</td>
</tr>
<tr>
<td>• sadness</td>
</tr>
<tr>
<td>• shock</td>
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<tr>
<td>• relief</td>
</tr>
<tr>
<td>• anxiety</td>
</tr>
<tr>
<td>• numbness</td>
</tr>
<tr>
<td>• guilt</td>
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</tbody>
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<table>
<thead>
<tr>
<th>PSYCHOLOGICAL EFFECTS</th>
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</thead>
<tbody>
<tr>
<td>• sense of depersonalization</td>
</tr>
<tr>
<td>• search for the meaning of life or death</td>
</tr>
<tr>
<td>• preoccupation with thoughts of the deceased</td>
</tr>
<tr>
<td>• lack of concentration</td>
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<tr>
<td>• dreams of the deceased</td>
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<thead>
<tr>
<th>BEHAVIORAL EFFECTS</th>
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<tbody>
<tr>
<td>• crying</td>
</tr>
<tr>
<td>• avoiding reminders</td>
</tr>
<tr>
<td>• withdrawal</td>
</tr>
<tr>
<td>• moodiness</td>
</tr>
<tr>
<td>• change of relationships</td>
</tr>
<tr>
<td>• carrying reminders</td>
</tr>
<tr>
<td>• over-activity</td>
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<tr>
<td>• apathy</td>
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<thead>
<tr>
<th>SPIRITUAL EFFECTS</th>
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<tbody>
<tr>
<td>• embracing one's faith</td>
</tr>
<tr>
<td>• reliance upon God</td>
</tr>
<tr>
<td>• coming to grips with one's own mortality</td>
</tr>
<tr>
<td>• questioning one's faith</td>
</tr>
<tr>
<td>• anger toward God</td>
</tr>
<tr>
<td>• searching for the meaning of life</td>
</tr>
</tbody>
</table>

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