

# My Grief Response

Which of these responses are you experiencing since losing a loved one?

- Change in appetite
- Tightness in chest
- Anxiety or Fear
- Difficulty sleeping
- Unmotivated
- Crying
- Mood swings
- Social Withdrawal or Isolation
- Reckless behavior
- Blaming self
- Poor concentration
- Anger/Irritability
- Racing thoughts
- Loneliness
- Relief or Happiness
- Sadness/Depression
- Dreams about deceased
- Confusion
- Low energy/fatigue
- Shock
- Numbness
- Questioning beliefs
- Fear of Death

What are helpful ways of coping?

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What do you need from others?

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