

Normal Symptoms of Grief and Stress

PHYSICAL

appetite change
tension headaches
fatigue
sleep changes
weight changes
digestive changes
pounding heart
accident prone
teeth grinding
restlessness
increased alcohol, drug, tobacco use

MENTAL

forgetfulness
dull senses
poor concentration
low productivity
negative attitude
confusion
spacing out
lack of motivation
sense of presence

SPIRITUAL

emptiness
loss of faith
doubt
loss of direction

EMOTIONAL

anxiety
frustration
mood swings
bad temper
nightmares
crying spells
irritability
“no one understands”
depression
worrying
easily discouraged
anger
guilt
little joy
hopelessness

RELATIONAL

sense of isolation
intolerance
loneliness
lashing out
clamming up
hiding
distrust
fewer contacts
lack of intimacy
desire for others to reach out
desire to be left alone
feeling like a “fifth wheel”
need to “prove self”
fear of being alone