

# CorsoCare Hospice Bereavement Program

## Grief vs. Depression

Symptoms	Grief	Depression
Recognizing the loss	Can be done	May not be recognized
Mood States	Highly variable; variable includes: activity level, talkativeness, appetite, sexual interest	Sadness mixed with anger, tension or absence of energy consistent sense of depletion psychomotor retardation; anorexia; low sexual interest; low communication or agitation; compulsive eating; sexual acting out; pressured verbal output
Expression of Anger	In character, less inhibited	Total absence of externally directed anger
Expression of Sadness	Weeping, sobbing, feelings of relief	No expression or no relief from crying
Dreams, Fantasies	Dreams reflect loss and can be attempts to resolve it	No dreams, or destructive repetitive dreams
Sleep Patterns	Disturbing dreams, episodic problems getting to sleep	Severe insomnia; early morning awakening or prolonged sleep
Self-concept	Challenged by the loss, may be altered	Loss confirms sense of worthlessness; deserving of punishment; guilt
Pre-occupation	World is empty and meaningless; focus on extent of what was loss	Self-guilt, worthless, evil, bad
Response to others	In character; open and needy for touch	Unresponsive or responds only to pressure; or demanding and dependent
Pleasure	Variable; makes sense in light of the loss(es)	Persistent restriction or high stimulus seeking