

CorsoCare Hospice Bereavement Program

Symptoms of Grief

Physical

Anxiety/heart palpitations
Health problems
Dry mouth
Lack of energy
Tight chest/throat
Depersonalization
Muscle weakness
Psychomotor retardation
Breathlessness
Hollowness in stomach
Loss of sexual desire/hyper-sexuality
Treasuring objects
Physical pain
Anorexia/GI disturbance

Emotional

Shock/numbness
Denial
Depression
Sorrow
Sadness
Guilt/self-reproach
Anxiety
Loneliness
Anger
Helplessness
Yearning
Abandonment
Powerless

Cognitive

Disbelief/denial
Confusion
Thought pre-occupation
Sense of presence
Forgetfulness
Concentration difficulty
Visual/auditory hallucinations
Repetition of events

Behavioral

Sleep/appetite disturbance
Absentmindedness
Social withdrawal
Dreams of deceased
Avoidance or reminders
Searching/calling out
Restless over-activity
Crying
Clinging to reminders
Inability to initiate and maintain organized activity

Spiritual

Questioning faith/beliefs
Loss of faith and belief systems