



# Family and Caregiver Education

## BEREAVEMENT

### Holistic Concept of Care

The symptoms listed below are commonly experienced during grief. Where is grief expressing itself for you? How are you coping with these symptoms? Well-being occurs when equal energy is distributed in all four dimensions. When grief is suppressed in one, it will often manifest in a greater degree in another.

<p><b>Physical</b></p> <ul style="list-style-type: none"><li>▪ Weight gain or loss</li><li>▪ Fatigue, low energy</li><li>▪ Tightness in chest</li><li>▪ Muscle weakness</li><li>▪ Stomach upset</li><li>▪ Nausea</li><li>▪ Headaches</li><li>▪ Sleep disturbances</li><li>▪ Change in appetite</li><li>▪ Frequent colds</li></ul>	<p><b>Emotional</b></p> <ul style="list-style-type: none"><li>▪ Anger</li><li>▪ Depression</li><li>▪ Anxiety</li><li>▪ Guilt</li><li>▪ Loneliness</li><li>▪ Numbness</li><li>▪ Sadness</li><li>▪ Shock</li><li>▪ Yearning</li><li>▪ Helplessness</li><li>▪ Relief</li><li>▪ Emancipation</li><li>▪ Fear</li><li>▪ Impatience</li><li>▪ Irritability</li><li>▪ Feeling overwhelmed</li></ul>
<p><b>Mental</b></p> <ul style="list-style-type: none"><li>▪ Forgetful</li><li>▪ Short attention span</li><li>▪ Difficulty concentrating</li><li>▪ Confused</li><li>▪ Indecisive</li><li>▪ Easily distracted</li><li>▪ Agitated/restless</li><li>▪ Disorganized</li><li>▪ Procrastinating</li></ul>	<p><b>Spiritual</b></p> <ul style="list-style-type: none"><li>▪ Angry at God</li><li>▪ Inner conflicts</li><li>▪ Questioning values/beliefs</li><li>▪ Lack of meaning or purpose in life</li></ul>

Adapted by Dee Unks, MC, LPC from information by Sr. Teresa McIntier, 2006

Bereavement Services

602.530.6970