



# Effects of Grief

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Grief is a natural and normal reaction to loss and change. It affects ALL aspects of our selves: the physical, emotional, psychological, behavioral, and spiritual aspects.

<b>PHYSICAL EFFECTS</b>		
• headaches	• dizziness	• exhaustion
• muscular aches	• loss of appetite	• insomnia
• hollowness	• breathlessness	

<b>EMOTIONAL EFFECTS</b>		
• anger	• sadness	• anxiety
• sense of helplessness	• shock	• numbness
• yearning	• relief	• guilt

<b>PSYCHOLOGICAL EFFECTS</b>	
• sense of depersonalization	• lack of concentration
• search for the meaning of life or death	• dreams of the deceased
• preoccupation with thoughts of the deceased	

<b>BEHAVIORAL EFFECTS</b>	
• crying	• change of relationships
• avoiding reminders	• carrying reminders
• withdrawal	• over-activity
• moodiness	• apathy

<b>SPIRITUAL EFFECTS</b>	
• embracing one's faith	• questioning one's faith
• reliance upon God	• anger toward God
• coming to grips with one's own mortality	• searching for the meaning of life

Because grief is such a unique reaction, the intensity, pattern, time frames and resolution will vary for every individual.

