

Samaritan

LIFE-ENHANCING CARE

Common Grief Reactions

Physical Symptoms

Headache	Sleeping more or less
Stomachache	Fatigue
Anxiety/Panic	Tense
Change in appetite	Inability to concentrate

Emotional Symptoms

Sad	Angry	No patience or tolerance
Happy	Mood changes	
Tearful often	Feeling 'crazy'/abnormal	
Fearful	Guilt or Regrets	

Behavioral or Social Symptoms

More sociable	More active	Use of alcohol/drugs
Isolated/Withdrawn	Increased lateness	Bullying
Promiscuity	Lazy	

Spiritual Symptoms

Anger at God	Thoughts of life after death
Feeling like the deceased is still with us	Dreams about the deceased

If grief reactions are getting in the way of your day-to-day life, please discuss how you are feeling with a parent or other trusted adult such as a school counselor or medical professional.