

What to Expect When Grieving

Created by
The Centre for
Grief & Healing
(BFOHP)



Emotional

1. Overwhelmed or Numb

There is no correct way to grieve, your emotions & reactions are your own version of normal.

2. Guilt & Anger

You may be upset with yourself for things you did or did not do, or you may be angry with your loved one for leaving you.

3. Emotional Triggers

There is no way of knowing what may trigger your grief and how you will react. This is something that you will learn with time, and discover coping strategies.

Physical

1. Disturbed Sleep Patterns

You may notice changes in the amount & quality of sleep, as well as increased levels of fatigue throughout the day.

2. Change in Appetite

You may experience either increases or decreases in your appetite as you work through your grief.

3. Anxiety or Hyperactivity

You may find yourself obsessing over your grief, or you may become hyperactive in order to distract yourself.

4. Weakened Immune System

The increased levels of stress, mixed with the combination of physical and emotional side effects of grief may compromise your immune system.

Social

1. Social Withdrawal

You may find yourself turning away from friends and family in the midst of your grief.

2. Decreased Productivity at Work or School

Your reaction to your grief may temporarily impede your ability to perform professionally or academically.

3. Lost of Interest in Usual Hobbies

You may find decreased interest in activities that used to bring you joy.