

Kaleidoscope

Grief Reactions

Physical

• Appetite- loss or increase	• Rapid heart beat
• Breathing difficulties	• Shaking
• Chest tightness	• Sighing
• Cold hands	• Sleeping difficulties- too much/ too little
• Crying	• Slowed speech
• Dizziness or fainting spells	• Stuttering
• Dry mouth	• Stomach problems, butterflies
• Headaches	• Sweating
• Hives, rashes, itching	• Tearfulness
• Indigestion	• Trembling
• Low resistance to illness and infection	• Voice- change of pitch
• Muscle tightness	• Weakness- especially in legs
• Nightmares	• Weight gain or loss
• Numbness or tinging	

Behavioral

• Absent mindedness	• Restlessness
• Accident proneness	• Searching and calling out
• Clumsiness	• Teeth grinding
• Eating difficulties	• Treasuring objects of the deceased
• Fingernail biting	• Visiting places of the deceased
• Hair twisting	• Nightmares

Emotional/ Social



• Anger or angry outbursts	• Irritability
• Anxiousness	• Jealousy
• Blaming others	• Loneliness
• Critical of self	• Longing
• Crying	• Loss of interest in living
• Depression	• Low self-esteem
• Dread	• Moodiness or mood swings
• Fearful	• Relief
• Freedom	• Restlessness
• Guilt	• Sadness
• Helplessness	• Shock
• Hopelessness	• Suspiciousness
• Impulsive behavior	• Withdrawal from activity
• Indecisiveness	• Worthlessness

Intellectual/ Cognitive



• Concentration difficulties	• Inattention
• Confusion	• Lack of awareness
• Disbelief	• Loss of creativity
• Errors in: Judging distances Grammar Pronunciation Use of numbers	• Loss of productivity
• Fantasy life increased or decreased	• Over attention to detail
• Forgetfulness	• Perfectionism
• Preoccupation	• Sense of loved one's presence
• Worrying	

Flare ups of:

• Allergies	• Canker/ cold sores
• Arthritis	• Diabetes
• Asthma	• Migraines