Symptoms of Grief

Intense grief can produce physical symptoms: In some instances the pangs do not occur right away

Sensations of somatic distress occurring in waves lasting from 20 min to an hour at a time

The bereaved frequently feel numb; perceive selves as being w/o appropriate feelings & sometimes w/o any feeling at all Tends to pass in a few days.

loss of interest in activities, people or things that had previously provided pleasure

appetite loss;

palpitations

insomnia,

inability to organize daily activities,

self-blame,

preoccupation with the image of the deceased,

restlessness,

headaches,

diarrhea

irritability

guilt, feeling they did not do enough

hostility toward doctors and other medical professionals

lack of physical strength

aimless hyperactivity,

Fatigue

A feeling of tightness in the throat, choking with shortness of breath dizziness

frequent ongoing feelings of need for sighing

empty feeling in the abdomen,

lack of muscular power and distress described as tension or mental distress.