

GRIEF AFFECTS **YOUR THOUGHTS**

Trouble concentrating
Constantly thinking about the death
Feeling responsible for the death
Self-destructive thoughts
Trouble making decisions
Increased/decreased dreams
Nightmares
Forgetfulness/preoccupied

GRIEF AFFECTS **YOUR BODY**

Changes in sleep
Tiredness
Feeling weak
Headache/stomachaches
Pounding heart
Easily shaken by certain sights/sounds (triggers)
Lowered immune system
Weight/appetite changes

GRIEF AFFECTS **SPIRITUALITY**

Feeling lost or abandoned
Questioning your religious beliefs
Feeling more connected to God
Feeling angry with God
Questioning a reason to keep living
Need to receive forgiveness
Feeling spiritually connected to person who died

GRIEF AFFECTS **BEHAVIORS/RELATIONSHIPS**

Dropping out of social activities
More arguments/more aggressive
More clumsy
Crying more or crying more easily
Trying to stay constantly active
Not caring about things/want to drop out
Wanted to spend more time alone
Pulling away from others