

# HOPE

## Support Through Grief & Loss

*This information is provided courtesy of Hamilton's Academy of Grief & Loss:  
Information, Resources, Education & Support.*

### Effects of Grief

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Grief is a natural and normal reaction to loss and change. It affects ALL aspects of ourselves; the physical, emotional, psychological, behavioral and spiritual aspects.

#### PHYSICAL EFFECTS

- headaches
- muscular aches
- hollowness
- dizziness
- loss of appetite
- breathlessness
- exhaustion
- insomnia

#### EMOTIONAL EFFECTS

- anger
- sense of helplessness
- yearning
- sadness
- shock
- relief
- anxiety
- numbness
- guilt

#### PSYCHOLOGICAL EFFECTS

- sense of depersonalization
- search for the meaning of life or death
- preoccupation with thoughts of the deceased
- lack of concentration
- dreams of the deceased

#### BEHAVIORAL EFFECTS

- crying
- avoiding reminders
- withdrawal
- moodiness
- change of relationships
- carrying reminders
- over-activity
- apathy

#### SPIRITUAL EFFECTS

- embracing one's faith
- reliance upon God
- coming to grips with one's own mortality
- questioning one's faith
- anger toward God
- searching for the meaning of life

Because grief is such a unique reaction, the intensity, pattern, time frames and resolution will vary for every individual.



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