

## WHAT IS GRIEF?

- Grief is a natural response to loss that all humans experience.
- Grief can affect all aspects of your life.
- There is no right or wrong way to grieve, only what is right for you.
- However, it's important to address grief because putting it off can delay or prolong the feelings or lead to depression.

## COMMON CAUSES OF GRIEF

- Death of a loved one.
- End of a relationship.
- Divorce.
- Miscarriage.
- Job changes.
- Being diagnosed with a chronic illness.
- Death of a pet.
- Loss of a dream or goal.
- Moving to a new home or town.

## COMMON SIGNS AND SYMPTOMS OF GRIEF

- Lack of energy.
- Headaches.
- Stomachaches.
- Nausea.
- Restlessness.
- Upset stomach.
- Heart palpitations.
- Weak muscles or joint pain.
- Tightness in your chest or throat.
- Lack of motivation and interest in things that used to bring joy.
- Changes in sleep patterns, being unable to sleep, or being unable to fall asleep.
- Unexplained weight gain or loss.
- Changes in eating habits or cravings.
- Increased susceptibility to illness.
- Less attention and interest to healthful behaviors.
- Resurfacing of old injuries.
- Trouble thinking or making decisions.
- Confusion.
- Numbness, shock, sadness, despair, fear, or guilt.
- Increase in anxiety.
- Decrease in confidence and self-esteem.
- Feeling a loss of control over one's life.
- Change in ability to handle stress.
- Decreased focus at work or school.
- Changes in interpersonal relationships.

CEO Ingaude Company

For over 5 years, our company has been helping people in Bladen County.

**RECOVERY IS POSSIBLE**

Call 910-862-6900 today to speak to someone who can help.

# SIGNS AND SYMPTOMS OF GRIEF IN CHILDREN

- Sadness.
- Strong emotional reactions, such as anxiety attacks or chronic fatigue.
- Anger, denial, shock, confusion.
- Loss of interest in daily activities.
- Boisterous or rowdy play.
- Inability to sleep, nightmares, loss of appetite, or a fear of being alone.
- Sharp drop in school performance or refusal to attend school.
- Loss of concentration and/or irritability.
- Withdrawal from friends.
- Repetitive play, storytelling, or asking questions about the loss.
- Acting much younger for a long period; returning to earlier behaviors such as bedwetting or thumb-sucking.
- Humiliation or guilt over a personal failure to prevent the loss.
- Frequent physical complaints, such as headaches and stomachaches.
- Clinginess or self-blame about the loss.

## WHEN TO SEEK HELP

Grief does not have a timeline. It may take longer for some people, and in some instances, than others. In some cases, grief doesn't get better on its own. You may not be able to accept the loss. Doctors call this "complicated grief."

Talk to your doctor if you have any of the following:

- Inability to get out of bed.
- Trouble keeping up your normal routine, like going to work or school and taking care of your responsibilities at home.
- Feelings of depression.
- Listlessness that does not go away.
- Self-isolation.
- Feeling hopeless.
- Suicidal thoughts, or thoughts that life isn't worth living or of harming yourself.
- An inability to stop blaming yourself.
- Consistent sleep disruption.

## TAKE ACTION

If you or someone you love is experiencing grief that is interfering with day-to-day life or not resolving, the sooner you address the issue, the better the outcome.

- Reach out to your primary care physician, a mental health professional, or your child's pediatrician or school counselor.
- Remember that early intervention is always best for you or your loved one's health and well-being.

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Resources available upon request.

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