



Bereavement

Grief

Mourning



Bereavement is the state of having lost a significant other to death.

Grief is the personal response to the loss.

Mourning is the public expression of that loss.

Feelings

Sadness
Anger
Anxiety
Irritable
Frustration
Fear
Fatigue
Guilt
Shock
Hopelessness

Thoughts

“I’m losing my mind”
“Why me?”
Worthlessness
Disorganized
“I can’t go on”
Difficulty concentrating
“If only . . .”
“I can’t believe . . .”

Behaviors

Withdrawing from others
Not eating
Repeating certain activities
Crying
Inability to sit still
Insomnia
Increased sleep

Things to do:

1. Seek social support (family, friends, social support group, etc.)
2. Realize people grieve in different ways and different times
3. Talk out loud when you are alone about your thoughts and feelings
4. Keep a journal of your emotional experiences
5. Write down the story of your loss
6. Tell others the story of your loss
7. Participate in activities you enjoy or once enjoyed
8. Begin a new hobby or activity
9. Discuss your fears with others
10. Avoid increasing your use of alcohol, tobacco, or sedatives

Understand depressive symptoms (feeling sad) are a fundamental part of normal bereavement.