



# What to Expect and what to do when faced with loss

Grief reactions are unique to each person and can show up in different ways. In the time following a loss, what you may experience will change as you move through various ways of processing the loss. However, some common reactions include the following:

## Emotions

Shock	Disbelief	Anxiety
Anger	Remorse	Numbness
Guilt	Relief	Resentment
Sadness	Helplessness	Regret
Loneliness	Yearning	Irritability
Fear	Confusion	Overwhelmed

## Physiological Reactions

Change in sleep	Aches in body
Change in appetite	Dizziness
Low energy	Difficulty breathing
Lowered immunity	Increased heart rate

## Behavioral Responses


- Withdrawal
- Increased substance use
- Changes in responsibilities
- Difficulty resting

## Cognitive Changes





- Difficulty concentrating
- Disinterest in school or typical activity
- Confusion
- Nightmares
- Greater vigilance to possible threats
- Intrusive images

Amongst all the changes and your grief reaction, some things that may be helpful to remember or practice include:

**Do what's right for you.** Go at your own pace. There is no one right to grieve, and you are allowed to feel whatever may come up. Avoid comparing your reactions to those of others.

 **Seek out social supports and spend time with others.** You may be surprised at the support and shared sense of loss that can be felt with others impacted. Being around others will also mitigate possible feelings of loneliness.

 **Remember that grief is of BDC BT Sp 4 m 8-4 kg (en-5) MCD BDC B20W Mitigou ms willag 0 pos**

-  **Express and release your emotions (talking, journaling, crying, art).** Intense and varied emotions are normal in the face of loss, and when expressed and directed, these feelings can help process and cope with grief.
-  **Reach out to your faith or spiritual connection.** Being able to make meaning from a loss or connect to a faith-based understanding of what happens after loss can help in accessing supports and processing the loss.
-  **Maintain healthy eating and activity levels.** Continuing to engage in routines to maintain your health is important for giving your body the energy and resources necessary to handle the aftereffects and changes in your life as a result of a loss.
-  **Refrain from judging others' responses.** Recognize that whether you tend to seek active support from others when faced with issues, or tend to consider things on your own, it's important to respect others' perspectives and provide support.

