

How Do You React When Someone You Love Dies?

Often times grief is frightening to us because it can be so painful and overwhelming. Many people wonder if they are grieving in the "right" way and if their feelings are normal.

While grieving, most people experience one or more of the following:

- Feels tightness in the throat or heaviness in the chest. (One woman described it as feeling like she had a brick in her chest.)
- Has an empty feeling in the stomach and change of appetite. (decrease or increase)
- Feels guilty at times and angry at other times.
- Feels restless and looks for activity, but finds it difficult to concentrate.
- Feels as though the loss isn't real - it didn't actually happen.
- Senses the deceased's presence. Expects the person to walk in the door at the usual time. Hears their voice or sees their face.
- Wanders aimlessly and is forgetful. Starts things and is not able to finish them.
- Has difficulty sleeping. Frequently dreams of the deceased.
- Assumes mannerisms or traits of the deceased.
- Experiences intense preoccupation with the life of the deceased.
- Feels guilty or angry over things that happened or didn't happen in the relationship with the deceased. (May feel false guilt)
- Feels intensely angry at the deceased for leaving.
- Feels as though they need to take care of other people who seem uncomfortable about the loss i.e. people who politely don't talk about the feelings of the loss.
- Has a need to recall and talk about memories regarding the deceased and the experiences of the death.
- Has frequent change in moods.
- All of these reactions are a part of the grief process. If you are experiencing loss and are encountering any or all of these reactions, it is natural and normal.
- Research has proven that attending a support group is the best means for maintaining health and well-being during the grief process.

Support Group Information:
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