

## How Do You React When Someone Dies?

Because grief can be so painful and seem overwhelming, it can be frightening. Some people wonder if they are grieving in the “right” way and might question whether their reactions are “normal.” When you suffer a loss, it is not uncommon to experience several of the following natural and normal grief responses:

- Feel tightness in the throat or heaviness in the chest
- Have an empty feeling in their stomach or lose their appetite
- Feel guilty and angry at times
- Feel restless and look for activity but find it difficult to concentrate
- Sense the loved one's presence, like finding themselves expecting the person to walk in the door at the usual time, hearing their voice, or seeing their face
- Wander aimlessly and don't finish things they've started to do around the house
- Have difficulty sleeping and dream of their loved one frequently
- Assume mannerisms or traits of their loved one
- Experience an intense preoccupation with the life of the deceased
- Feel guilty or angry over things that happened or didn't happen in the relationship with the deceased
- Feel intensely angry at the loved one for leaving them
- Feel as though they need to take care of other people who seem uncomfortable around them by politely not talking about the feelings of loss
- Need to repeat things about the loved one and about the experience of their death
- Experience mood changes over the slightest things
- Cry at unexpected times

If you have questions or need grief support or resources, please call HospiceCare Grief Services at 303.604.5300.

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