

## What is Grief?

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Grief is the normal and natural response to the loss of someone or something important to you. It is a natural part of life. Grief is a typical reaction to death, divorce, job loss, a move away from family and friends, or loss of good health due to illness.

Grief reactions may include...

- Feeling empty and numb, as if you are in a state of shock
- Physical responses such as nausea, trouble breathing, crying, confusion, lack of energy, dry mouth, or changes in sleeping and eating patterns
- Anger—at a situation, a person or in general
- Guilt about what you did or did not do
- Withdrawal from family, friends and common activities
- Difficulty focusing, working or making decisions
- Questions about faith or spirituality; challenges to the meaning, value and purpose you find in life

Grief lasts as long as it takes to adjust to the changes in your life after your loss. This can be for months, or even years. Grief has no timetable; thoughts, emotions, behaviors and other responses may come and go.