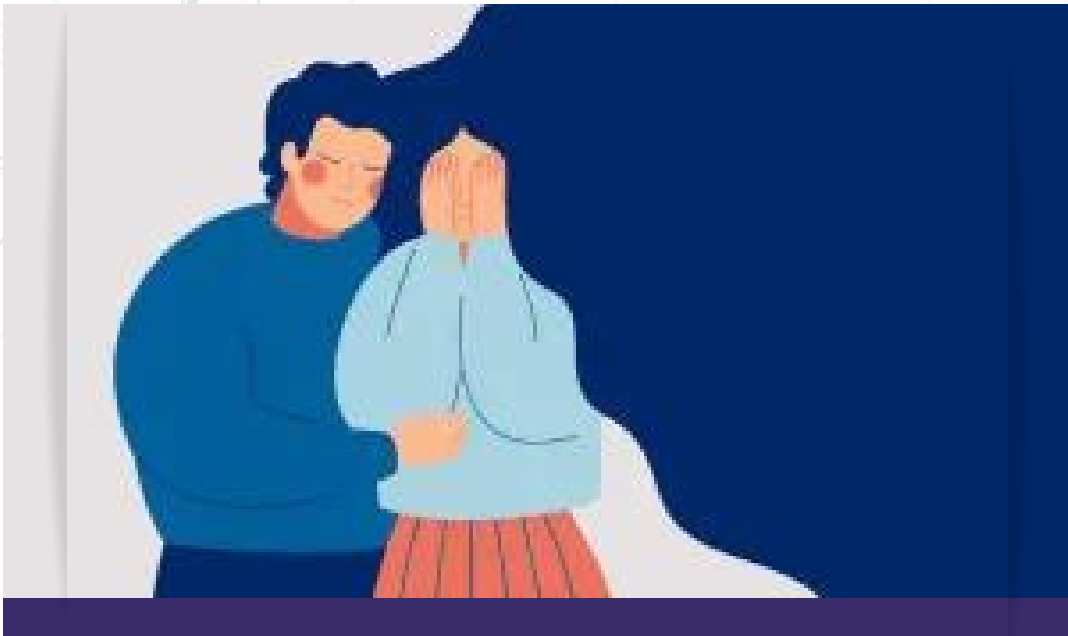


PHYSICAL EFFECTS OF GRIEF



What we once enjoyed and deeply loved we can never lose, for all that we love deeply becomes part of us. – Helen Keller

WHAT IS GRIEF?



Grief is a complex and multifaceted emotional response to loss, encompassing a range of feelings such as sadness, anger, confusion, and despair. While grief is primarily recognized as an emotional experience, it also exerts a significant impact on the physical well-being of individuals. The interconnectedness of the mind and body means that the emotional toll of grief can manifest in various physical effects.

GRIEVING IS A NORMAL RESPONSE

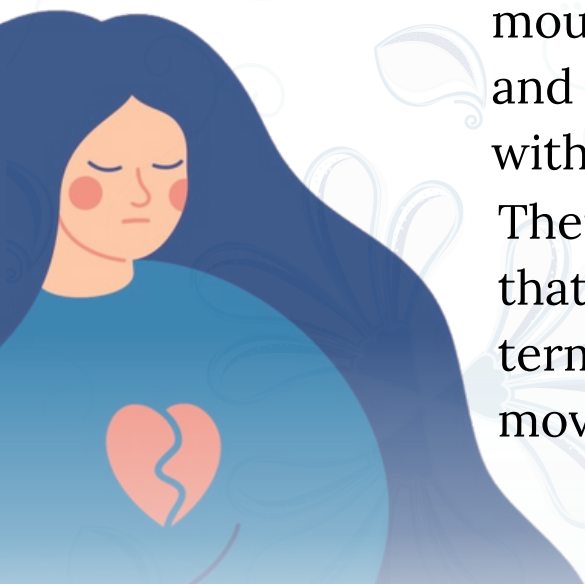
Losing someone you care about can cause intense sadness and a range of physical symptoms that are typical responses to grief. It's important to recognize that these symptoms are related to grief, so you don't become anxious about your health or well-being. Even small losses in life can trigger a sense of grief. For instance, graduating from college, moving away from home, or changing jobs may all result in feelings of grief.



WHY YOUR FEELINGS ARE VALID

No matter what you've lost, it's a deeply personal experience. Don't feel ashamed of your emotions or think that only certain types of losses warrant grief. If a person, animal, relationship, or situation was important to you, it's natural to mourn their absence. Allow yourself to feel and process your grief in your own way, without judgment or shame.

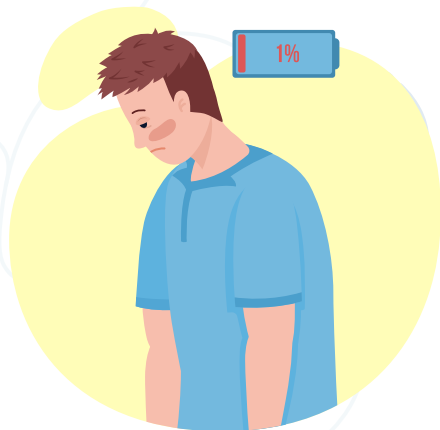
There are healthy ways to cope with grief that can ease the pain, help you come to terms with your loss, find new meaning, and move on with your life.



COMMON PHYSICAL SYMPTOMS OF GRIEF

Grieving is a natural process that often comes with physical symptoms. Symptoms may include trouble sleeping, a reduced appetite, and fatigue. Furthermore, individuals who are grieving may face an increased risk of cardiovascular problems. Emotional effects may also occur, such as feelings of sadness, loneliness, and difficulties in concentration.

Physical Symptoms of Grief can look like:



Tiredness



Lack of Appetite



Sleep Disturbance



Hallucinations

HOW TO DEAL WITH GRIEF

It is important to allow oneself to experience and process grief, as experts suggest resisting or trying to ignore it may prolong symptoms.

Talking about it: Talking about the death of a loved one or their life may help someone understand and come to terms with the loss.



Acknowledging feelings: An array of emotions is natural during the grieving process. It is best to try to recognize these feelings and allow them to come and go.

Celebrating the life of the loved one: This can take various forms, such as holding a memorial, scrapbooking, or planting a garden in the loved one's memory.



SELF CARE
is a
PRIORITY



Practicing self-care: Grief can make a person feel uninterested in food, exercise, and other things that can improve health and well-being. However, prioritizing these habits as much as possible may offset the effects that grief may have on health.

HOW TO DEAL WITH GRIEF

Join a support group: Grief can feel very lonely, even when you have loved ones around. Sharing your sorrow with others who have experienced similar losses can help. To find a bereavement support group in your area, contact local hospitals, hospices, funeral homes, and counseling centers, or see the links below.



Draw comfort from your faith: If you follow a religious tradition, embrace the comfort its mourning rituals can provide. Spiritual activities that are meaningful to you—such as praying, meditating, or going to church—can offer solace. If you're questioning your faith in the wake of the loss, talk to a clergy member or others in your religious community.



Talk to a therapist or grief counselor: If your grief feels like too much to bear, find a mental health professional with experience in grief counseling. An experienced therapist can help you work through intense emotions and overcome obstacles to your grieving.



SOURCES

- Coping with grief. (2022).
<https://www.medicalnewstoday.com/articles/the-physical-symptoms-of-grief-and-loss#physical-effects>
- Common physical symptoms of grief. (2022)
<https://www.medicalnewstoday.com/articles/the-physical-symptoms-of-grief-and-loss#physical-effects>
- Coping with Grief and Loss (2021)
<https://www.helpguide.org/articles/grief/coping-with-grief-and-loss.htm>



DEE HATI CENTRE FOR GRIEF, BEREAVEMENT & TRAUMA

YAYASAN DEE HATI



Dee Hati Centre for Grief, Bereavement & Trauma
Sri Muhibbah Bungalow, Jalan Taman Budaya,
Taman Budaya, 93300 Kuching, Sarawak.

Office Hours:

Monday - Friday: 9 AM - 5 PM

Saturday: By Appointment Only

Sunday: Closed



082 - 549 577 (Office) / 011 - 5403 7209 (WhatsApp only)



admin@deegrief.com.my



www.deegrief.com.my



@deegriefcentre

