Grief is a natural and normal reaction to loss and change. It affects ALL aspects of our selves: the **physical**, **emotional**, **psychological**, **behavioral**, and **spiritual** aspects.

### PHYSICAL EFFECTS
- headaches
- muscular aches
- hollowness
- dizziness
- loss of appetite
- breathlessness
- exhaustion
- insomnia

### EMOTIONAL EFFECTS
- anger
- sadness
- anxiety
- sense of helplessness
- shock
- numbness
- yearning
- relief
- guilt

### PSYCHOLOGICAL EFFECTS
- sense of depersonalization
- lack of concentration
- search for the meaning of life or death
- dreams of the deceased
- preoccupation with thoughts of the deceased

### BEHAVIORAL EFFECTS
- crying
- change of relationships
- avoiding reminders
- carrying reminders
- withdrawal
- over-activity
- moodiness
- apathy

### SPIRITUAL EFFECTS
- embracing one's faith
- questioning one's faith
- reliance upon God
- anger toward God
- coming to grips with one's own mortality
- searching for the meaning of life

Because grief is such a unique reaction, the intensity, pattern, time frames and resolution will vary for every individual.