

## Reactions to Loss

We are all different and therefore we all react differently to loss. There is no timetable for healing, normal can feel so abnormal at times! Sorting our Thoughts and emotions help most people gain stability and return to their daily lives.

### *Remember-*

- ❖ Crying is acceptable, healthy, and releases tension. Cry as you feel the need.
- ❖ Physical reactions may include loss of appetite, overeating, sleeplessness, low energy and trouble concentrating. A balanced diet and rest are important for you now.
- ❖ Anger is another common reaction to loss. Anger needs expression. Look for ways to express your anger thru conversations and journaling.
- ❖ Guilt, real or imagined, is a normal part of grief. It surfaces in thoughts and feelings of “if only.” Learn to express and share these feelings and find ways to forgive yourself.
- ❖ Questioning a death is common and may cause you to challenge or reexamine your faith, spiritual beliefs or philosophy of life. Talk about it with others.
- ❖ Relief from all the care and worry that you have expended attending to your loved one prior to his or her death is normal.



***Hospice Bereavement Services: 845-561-6111***  
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*We have commonly heard people tell us that they have experienced the following.*

- ❖ Thoughts of disbelief and feelings of shock.
- ❖ A sense of numbness especially right after the loss.
- ❖ Sadness and periods of crying. A sense of hopelessness and profound loss.
- ❖ Anger at the deceased, God, yourself and others.
- ❖ Guilt, all the “*I should haves*” and “*If onlys*” .
- ❖ Relief from all the care and worry that you may have expended attending to the loved one prior to his or her death.

*“To get through the hardest journey we need to take only one step at a time, but we must keep on stepping.”*



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