



Mental Health Association of Northern Kentucky

A LEADER IN PROVIDING ADVOCACY, EDUCATION, AND SERVICES THAT PROMOTE MENTAL WELLNESS

EDUCATION AND SCREENING OUTREACH PARTNER FOR THE NATIONAL INSTITUTE OF MENTAL HEALTH AND
NATIONAL MENTAL HEALTH ASSOCIATION

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HOW DO YOU REACT WHEN SOMEONE YOU LOVE DIES ?

Because grief can be so painful, and seem overwhelming, it frightens. Many people worry if they are grieving in the “right” way, and wonder if the feelings they have are normal.

Most People Who Suffer a Loss Experience One or More of The Following :

- Feel tightness in throat or heaviness in the chest
- Have an empty feeling in their stomach and lose their appetite
- Feel guilty at times and angry at others
- Feel restless and look for actively but find it difficult to concentrate
- Feel as though the loss isn't real, that it didn't actually happen
- 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 forget and don't finish things they've started to do around the house
- Have difficulty sleeping, and dream of their loved one
- Experience mannerisms or traits of their loved one
- Feel guilty or angry over things that happen 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 tell and retell and remember things about the loved one and the experience of the death
- Feel their mood changes over the slightest things
- Cry at unexpected times