



Signs of Grief and Loss

Signs of grief and loss include:

1. **Sadness and Depression:** Persistent feelings of sadness, emptiness, or hopelessness.
2. **Shock and Disbelief:** Difficulty accepting the reality of the loss, feeling numb or in a state of disbelief.
3. **Guilt and Regret:** Feeling guilty about things left unsaid or undone, or regretting past actions.
4. **Anger and Irritability:** Feeling angry at the person who died, oneself, or others, and being easily irritated or frustrated.
5. **Physical Symptoms:** Fatigue, insomnia, changes in appetite, and physical aches and pains.
6. **Withdrawal and Isolation:** Avoiding social activities, withdrawing from friends and family, and feeling isolated.
7. **Difficulty Concentrating:** Trouble focusing on tasks, making decisions, or remembering things.
8. **Mood Swings:** Fluctuating emotions, including periods of calm followed by intense emotional outbursts.

Recognizing these signs is crucial for understanding and navigating the grieving process.

SIGNS OF GRIEF & LOSS

Intense sadness or despair

Feelings of numbness or disbelief

Anger or irritability

Guilt or self-blame

Difficulty concentrating or making decisions

Changes in appetite or sleep patterns

Fatigue or low-energy



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