



# The Unexpected Feeling Of Grief

After a loss, it's not uncommon for people to experience grief. Grief is not limited to experiences with death. Grief can manifest from the loss of a job, a move away from close friends, a divorce, or a tough breakup.

To process and cope with these losses, you must understand grief itself.

## Symptoms of Grief

### Behaviors

Sleep Issues  
Appetite Changes  
Withdrawal  
Absent-Mindedness

### Cognitions

Obsessive Thinking  
Intrusive Thoughts

### Feelings

Sadness  
Numbness  
Anger  
Guilt  
Anxiety

### Physical

Tight Chest  
Lack of Energy  
Muscle Weakness  
Dry Mouth

## Coping with Grief

- **Talk about it.** Many people deny grief which can cause isolation and may make it more difficult to accept.
- **Experience and accept feelings.** Feelings of sadness, anger, numbness, etc. are all normal. Experience them to accept them.
- **Adjust to the new "normal."** Try to keep your routine as close as possible as it was before. This will create a sense of comfort.
- **Prioritize self-care.** Focus on your eating habits, exercise and sleep. Try Mindful Meditation to also help.

***Take care of your mental health and well-being. You don't have to do it alone.***

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