Grief Reaction

You are having a grief reaction which is a normal response to loss. Feelings of fear, anger, and guilt can affect almost everyone who loses someone they love. Symptoms of depression are also common. These include problems with sleep, loss of appetite, and lack of energy. These grief reaction symptoms often last for weeks to months after a loss. They may also return in the future, as with reactions to an anniversary or birthday.

A grief reaction can become complicated by being blocked. This means being unable to cry or express extreme upset or sadness may prolong and worsen the effects of the loss. It is very important to share your sorrow and fear with others, especially close friends and family. **Professional counselors and clergy can also help you process your grief.**

Anxiety, insomnia, irritability, and deep depression may last beyond the period of normal grief. This is up to 6 months. This requires further medical attention. It means that you have developed a clinical depression. If you have a history of depression and or a family history of depression, you are at greater risk. So are those for whom the loss was traumatic or the loss was of someone with whom there were unresolved issues.

Mourning is a natural event in human life. A healthy grief reaction is one that is not blocked by drug sedation or psychological denial. This requires a time of sadness and readjustment. **Prolonged use of tranquilizers, sleeping pills, or alcohol overuse should be avoided.**

Call your caregiver if you need further help.

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