

# Simple Grief Solutions

- Laughter is good medicine
- Healthy food is healing
- Exercise is fun
- Massage, manicure and hairdo's
- Nature is good for the soul
- Connect with others
- Tell your story
- Journal or work on a craft project
- Memorialize someone or something
- Bargain shopping takes your mind off things, empowers you and makes you feel good
- Getting rid of clutter and donating or giving away things makes you feel good, too!

## When More Support is Needed . . .

- Grief Programs & Workshops
- Monthly Movie Matinees
- Widows and Widowers Social Support
- Memorials and Recognition
- Educational Resources
- Herry's Thrift & Gift Shoppe
- Camp Good Hope and Teen Encounter



8471 W. Periwinkle Lane  
Homosassa Springs FL 34446

**Friends Grief Services** is a charitable 501(c)3 organization, incorporated in 1983, to provide community grief support and education to families who have experienced a loss.

Adults, children and families improve the quality of their lives overcoming loneliness, strengthening their ability to cope and re-socialize in a safe environment.

**The Wings Center** is home to grief support groups, workshops, wellness and social programs, movies, social support activities, educational programs and volunteer events. "No Cost" Programs and Services are supported by merchandise/ vehicle donations, Thrift Shoppe sales, general donations, partnership donations (up to \$250) and Sponsorships (\$250+).

Volunteers donate their time as Group Facilitators, Camp Assistants, Office Support, Board of Directors, Advisory Board, Fundraising and Thrift Shoppe Operations

[www.friendsofcitrus.org](http://www.friendsofcitrus.org)  
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Friends of Citrus and the Nature Coast, Inc. Registration No.  
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A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE (800-435-7352) WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL OR RECOMMENDATION BY THE STATE.

# Normal Reactions in Grief

*Grief is the normal and natural response to losing someone or something. Yet, it can make its presence known by more than just an emotional feeling of sadness.*

Grief can produce psychological and physical responses that we don't recognize and that alarm those around us.

If your grief response seems extreme, you are most likely behaving in a manner which is typical.

The following will help you assess your grieving process. Review these lists from time to time to evaluate your progress.



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### I'm angry . . .

- at God and unable to find consolation in my faith
- at medical personnel for not doing enough or not having the technical ability to save my loved one
- at myself for not properly interpreting the warning signs, statements, etc.
- at the deceased for not taking better care of him/herself, for leaving me alone, for not making proper financial/legal arrangements, for dying
- at others for not understanding what I'm going through, for expecting me to "go on with my life," for not giving me the time I need to grieve
- that people can still laugh, that the world goes on, that holidays are not canceled, that I seem so alone in my grief

### I'm experiencing . . .

- a change in eating habits with significant weight gain or loss
- unpredictable, uncontrollable bouts of crying
- an increase in the use of alcohol, prescription drugs or street drugs to help me cope
- panic/anxiety attacks
- mood changes and irritability
- forgetfulness
- uncontrolled shopping and buying

### I'm unable to . . .

- sleep without medication or I am sleeping all the time
- concentrate or remember things
- motivate myself to do the things I need to do

### I'm more . . .

- susceptible to colds, flu and other physical ailments
- irritated than usual
- fearful of being alone or with people, afraid to leave the house, afraid to stay in the house, afraid to sleep in the bed

### I'm feeling . . .

- frustration that friends call too much or not enough, don't invite me out anymore, seem to be pushing me into socializing before I'm ready
- guilty over little relationship issues
- loneliness and "aloneness" more than I can tolerate
- a desire to be with people who did not know the deceased, thereby giving me an opportunity to talk about him/her

### I'm wanting to . . .

- "punish" something or someone for my pain
- talk about the deceased, but am fearful of "burdening" friends or family
- drive the car too fast and recklessly
- go out "looking for a fight"
- wear clothing, jewelry or other personal items of the deceased
- keep everything from the deceased; create a shrine
- sell the house and move; give away all the possessions of the deceased

## Normal Grief Indicators

### Physical

- Accident-prone
- Alcohol or drug abuse
- Asthma
- Backaches
- Chest tightness
- Constipation
- Diarrhea
- Dizziness
- Dry mouth
- Eye pain
- Fainting spells
- Grinding teeth
- Hands cold
- Heart rate increased
- High blood pressure
- Hives, rashes, itching
- Indigestion
- Insomnia
- Loss of appetite
- Low resistance
- Migraine headaches
- Sexual disinterest
- Skin pale
- Sleeping too much
- Sweating
- Tearfulness
- Tension
- Trembling or twitching
- Urinating frequently
- Weakness, especially in the legs
- Weight gain
- Weight loss

### Emotional

- Anger
- Blaming
- Depression
- Difficulty in relationships
- Dread
- Fear of group or crowds
- Feelings of worthlessness
- Guilt feelings
- Indecisiveness
- Irritability
- Jealousy
- Loss of interest in life
- Moodiness
- Anxiety
- Crying
- Crying
- Dread
- Fear of group or crowds
- Feelings of worthlessness
- Guilt feelings
- Indecisiveness
- Irritability
- Jealousy
- Loss of interest in life
- Moodiness

### Intellectual

- Errors in judgment
- Errors in language
- Errors in use of numbers
- Forgetfulness
- Lack of awareness to external events
- Loss of creativity
- Loss of productivity
- Memory loss
- Mental blocking
- Obsessive/compulsive
- Past oriented rather than present or future
- Preoccupation
- Thoughts of death or suicide-passively
- Worrying