



**CONNECTICUT
Clearinghouse**

a program of the Connecticut Center
for Prevention, Wellness and Recovery

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A Library and Resource Center on Alcohol, Tobacco, Other Drugs, Mental Health and Wellness

How to Deal with Grief

What is grief?

Grief is the normal response of sorrow, emotion, and confusion that comes from losing someone or something important to you. It is a natural part of life. Grief is a typical reaction to death, divorce, job loss, a move away from family and friends, or loss of good health due to illness.

How does grief feel?

Just after a death or loss, you may feel empty and numb, as if you are in shock. You may notice physical changes such as trembling, nausea, trouble breathing, muscle weakness, dry mouth, or trouble sleeping and eating.

You may become angry—at a situation, a particular person, or just angry in general. Almost everyone in grief also experiences guilt. Guilt is often expressed as “I could have, I should have, and I wish I would have” statements.

People in grief may have strange dreams or nightmares, be absent-minded, withdraw socially, or lack the desire to return to work. While these feelings and behaviors are normal during grief, they will pass.

How long does grief last?

Grief lasts as long as it takes you to accept and learn to live with your loss. For some people, grief lasts a few months. For others, grieving may take years.

The length of time spent grieving is different for each person. There are many reasons for the differences, including personality, health, coping style, culture, family background, and life experiences. The time spent grieving also depends on your relationship with the person lost and how prepared you were for the loss.

How will I know when I’m done grieving?

Every person who experiences a death or other loss must complete a four-step grieving process:

- 1) Accept the loss
- 2) Work through and feel the physical and emotional pain of grief

- 3) Adjust to living in a world without the person or item lost

- 4) Move on with life

The grieving process is over only when a person completes the four steps.

What if these feelings won’t go away?

If you recently experienced a death or other loss, feelings of grief are part of a normal reaction. But if these feelings persist with no lifting mood, ask for help.

Resources on Grief:

American Hospice Foundation
202.223.0204
www.americanhospice.org

American Psychological Association
www.apa.org

Employee Assistance Program (EAP) offered by your employer

The Compassionate Friends (national office)
877.969.0010
www.compassionatefriends.org

GriefNet
www.griefnet.org

Depression and Bipolar Support Alliance (DBSA)
800.826.3632
www.dbsalliance.org

National Institute of Mental Health (NIMH)
866.615.6464
www.nimh.nih.gov

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How does grief differ from depression?

Depression is more than a feeling of grief after losing someone or something you love. Clinical depression is a whole body disorder. It can take over the way you think and feel.

Symptoms of depression include:

- A sad, anxious, or “empty” mood that won’t go away
- Loss of interest in what you used to enjoy
- Low energy, fatigue, feeling “slowed down”
- Changes in sleep patterns
- Loss of appetite, weight loss, or weight gain
- Trouble concentrating, remembering, or making decisions
- Feeling hopeless or gloomy
- Feeling guilty, worthless, or helpless
- Thoughts of death or suicide or a suicide attempt
- Recurring aches and pains that don’t respond to treatment.

Substance Abuse and Mental Health Services
Administration, 2004
www.samhsa.gov/MentalHealth/Anxiety_Grief.pdf