

Coping with Grief

The sudden and traumatic death of someone close to you can affect you in many different ways and in many aspects of your life.

The grieving process you experience may be different from other bereavements due to the traumatic nature of the death.

Feelings and Physical Symptoms

Traumatic grief can show itself in a number of ways. You might experience

- Disbelief
- Difficulty concentrating
- Repetitive, intrusive thoughts
- Fear of going out
- Anger at people around you
- Forgetfulness
- Difficulty speaking to people
- Difficulty connecting to people around you
- Loss of control over your life plans
- Difficulty imagining the future
- Relationships under strain
- Guilt

Many people also suffer physical symptoms following the death of someone close.

You might also

- Burst into tears easily or unexpectedly
- Tired, tense and restless
- Have trouble sleeping
- Experience flashbacks
- Suffer aches, palpitations or poor digestion
- Find you trip over words or jumble sentences
- Find the loss physically painful

Some or all of these feelings and symptoms are normal in the circumstances. It is common to have good days and bad days. You are not going mad or reacting abnormally - you are experiencing traumatic grief.

Physical symptoms should fade with time. If they persist, you may want to consult your GP.