



**Grief is the natural response – however powerful, and often painful and confusing – to the loss of a loved one.**

**"Natural" doesn't mean "easy."**

Not all people need the same kind of support, just as not all people react the same way when they are offered support

**Which support is most appropriate depends on**

**ROLE OF THE PERSON OFFERING THE SUPPORT** (e.g., a family member, friend, neighbor, doctor, social worker, stranger, etc.)

**NEEDS**  
that from time to time they present themselves to the bereaved person;

**MOMENT**  
where and when support is offered. One type of support may be more helpful than another at different times of the bereavement.



## Common Reactions in Grief

### Emotional Reactions

shock, nostalgia, sadness, anger, guilt, relief, fear, anxiety, insecurity, lightheadedness

### Physical Reactions

difficulty sleeping, changes in appetite, headache, stomach pain, heart palpitations, restlessness, tiredness

### Behavioral Reactions

social isolation, addiction, avoidance, agitation, hyperactivity, ritualization

### Cognitive Reactions

difficulty concentrating, confusion, rumination, suicidal thoughts

### Existential Reactions

feeling of meaninglessness, loss of identity and confusion, experience of injustice – "Why me?"



## When should I be worried?

- ✓ **Grief does not change over time**  
The bereaved does not feel any change or improvement in the way they feel and function after losing a loved one after six months
- ✓ **Bereavement negatively affects other aspects of life**  
For instance, a person quits a beloved job to only buy groceries or a social friend isolates themselves to focus solely on work.
- ✓ **There is no trace of grief**  
If a bereaved individual avoids discussing or remembering the deceased, it may indicate suppressed emotions hindering the grieving process.
- ✓ **Life seems too hard to bear**  
Struggling to find meaning after a loss can lead to thoughts of life being meaningless, and in some cases, to suicidal thoughts. Seeking professional help is crucial when such thoughts arise.

**Grief support  
is a  
responsibility  
of all.**

**For more  
information on  
grief support,  
please visit our  
website.**

[HTTPS://AURORAGRIEFCOVID19.EU](https://auroragriefcovid19.eu)



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