

Common Cognitive and Emotional Experiences of Grief in Adults

- Memory lapses (e.g., inability to remember details about person)
- Inability to do tasks you previously were able to do and/or jumping from one task to another
- Difficulty concentrating (e.g., reading same page of a book without comprehending)
- Inability to make decisions (e.g. fear of making wrong choice)
- Tendency to misplace things
- Feeling inconsolable (e.g., feeling as though nothing is going to help you feel better)
- Anger and resentment, free-floating, hidden or withheld (even anger at the loved one for leaving them)
- Anxiety about self, others and the future
- Denial/disbelief
- Desire to isolate self, feeling the need to cocoon
- Inability or fear of being alone, intense and pervasive loneliness
- Extreme dependency on others
- Feelings of hopelessness or despair
- Keeping too busy (“If I just stay busy...”)
- Loss of self-esteem and feeling of self-worth (“Why bother, what's the point?”)
- Fear of rejection
- Sensitivity to words or actions of others
- Heightened irritability or mood swings
- Emotional, mental and spiritual exhaustion
- Loss of zest for living
- Suicidal feelings, thoughts, actions (“If I died in my sleep, I'd be okay with that.”)
- Dependency on alcohol and/or substances
- Feeling overwhelmed

For more information call (727) 467-7423 or visit SuncoastHospice.org.

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