

What Are The Normal Feelings Of Grief?

Anger
Blaming yourself
Crying spells
Diarrhea
Dizziness
Fast heartbeat
Feeling like there's a lump in your throat
Feeling like what's happening around you isn't real
Headaches
Hyperventilating -- sighing and yawning
Nausea
Not being able to get organized
Not feeling hungry or losing weight
Panic Attacks
Restlessness and irritability
Sadness or depression
Seeing images of the dead person
Shortness of breath
Tightness in your chest
Tiredness
Trouble concentrating
Trouble sleeping

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