

# Simple Grief Solutions

- Laughter is good medicine
- Healthy food is healing
- Exercise is fun
- Massage, manicure and hairdo's
- Nature is good for the soul
- Connect with others
- Tell your story
- Journal or work on a craft project
- Memorialize someone or something
- Bargain shopping takes your mind off things, empowers you and makes you feel good
- Getting rid of clutter and donating or giving away things makes you feel good, too!

## When More Support is Needed . . .

- Grief Programs & Workshops
- Monthly Movie Matinees
- Widows and Widowers Social Support
- Memorials and Recognition
- Educational Resources
- Herry's Thrift & Gift Shoppe
- Camp Good Hope and Teen Encounter



8471 W. Periwinkle Lane  
Homosassa Springs FL 34446  
**352.249.1470**

### VISION:

*To be a grief resource for people of all ages and stages of life.*

### MISSION:

*To provide help, hope and healing to people in grief*

All of the programs and services offered by Friends of Citrus and the Nature Coast are totally dependent on donations and fundraising.

Friends of Citrus and the Nature Coast, Inc.  
Registration No. CH1413

A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE (800-435-7352) WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL OR RECOMMENDATION BY THE STATE.



[www.friendsofcitrus.org](http://www.friendsofcitrus.org)

# Normal Reactions in Grief

*Grief is the normal and natural response to losing someone or something. Yet, it can make its presence known by more than just an emotional feeling of sadness.*

Grief can produce psychological and physical responses that we don't recognize and that alarm those around us.

If your grief response seems extreme, you are most likely behaving in a manner which is typical.

The following will help you assess your grieving process. Review these lists from time to time to evaluate your progress.

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### I'm angry . . .

- at God and unable to find consolation in my faith
- at medical personnel for not doing enough or not having the technical ability to save my loved one
- at myself for not properly interpreting the warning signs, statements, etc.
- at the deceased for not taking better care of him/herself, for leaving me alone, for not making proper financial/legal arrangements, for dying
- at others for not understanding what I'm going through, for expecting me to "go on with my life," for not giving me the time I need to grieve
- that people can still laugh, that the world goes on, that holidays are not canceled, that I seem so alone in my grief

### I'm feeling . . .

- frustration that friends call too much or not enough, don't invite me out anymore, seem to be pushing me into socializing before I'm ready
- guilty over little relationship issues
- loneliness and "aloneness" more than I can tolerate
- a desire to be with people who did not know the deceased, thereby giving me an opportunity to talk about him/her

### I'm experiencing . . .

- a change in eating habits with significant weight gain or loss
- unpredictable, uncontrollable bouts of crying
- an increase in the use of alcohol, prescription drugs or street drugs to help me cope
- panic/anxiety attacks
- mood changes and irritability
- forgetfulness
- uncontrolled shopping and buying

### I'm unable to . . .

- sleep without medication or I am sleeping all the time
- concentrate or remember things
- motivate myself to do the things I need to do

### I'm more . . .

- susceptible to colds, flu and other physical ailments
- irritated than usual
- fearful of being alone or with people, afraid to leave the house, afraid to stay in the house, afraid to sleep in the bed

### I'm wanting to . . .

- "punish" something or someone for my pain
- talk about the deceased, but am fearful of "burdening" friends or family
- drive the car too fast and recklessly
- go out "looking for a fight"
- wear clothing, jewelry or other personal items of the deceased
- keep everything from the deceased; create a shrine
- sell the house and move; give away all the possessions of the deceased

## Normal Grief Indicators

### Physical

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Accident-prone        | <input type="checkbox"/> Grinding teeth         | <input type="checkbox"/> Skin pale                        |
| <input type="checkbox"/> Alcohol or drug abuse | <input type="checkbox"/> Hands cold             | <input type="checkbox"/> Sleeping too much                |
| <input type="checkbox"/> Asthma                | <input type="checkbox"/> Heart rate increased   | <input type="checkbox"/> Sweating                         |
| <input type="checkbox"/> Backaches             | <input type="checkbox"/> High blood pressure    | <input type="checkbox"/> Tearfulness                      |
| <input type="checkbox"/> Chest tightness       | <input type="checkbox"/> Hives, rashes, itching | <input type="checkbox"/> Tension                          |
| <input type="checkbox"/> Constipation          | <input type="checkbox"/> Indigestion            | <input type="checkbox"/> Trembling or twitching           |
| <input type="checkbox"/> Diarrhea              | <input type="checkbox"/> Insomnia               | <input type="checkbox"/> Urinating frequently             |
| <input type="checkbox"/> Dizziness             | <input type="checkbox"/> Loss of appetite       | <input type="checkbox"/> Weakness, especially in the legs |
| <input type="checkbox"/> Dry mouth             | <input type="checkbox"/> Low resistance         | <input type="checkbox"/> Weight gain                      |
| <input type="checkbox"/> Eye pain              | <input type="checkbox"/> Migraine headaches     | <input type="checkbox"/> Weight loss                      |
| <input type="checkbox"/> Fainting spells       | <input type="checkbox"/> Sexual disinterest     |   |

### Emotional

- |  |                                   |
|--|-----------------------------------|
| <input type="checkbox"/> Anger                       | <input type="checkbox"/> Anxiety  |
| <input type="checkbox"/> Blaming                     | <input type="checkbox"/> Crying   |
| <input type="checkbox"/> Depression                  |                                   |
| <input type="checkbox"/> Difficulty in relationships |                                   |
| <input type="checkbox"/> Dread                       |                                   |
| <input type="checkbox"/> Fear of group or crowds     |                                   |
| <input type="checkbox"/> Feelings of worthlessness   |                                   |
| <input type="checkbox"/> Guilt feelings              |                                   |
| <input type="checkbox"/> Indecisiveness              |                                   |
| <input type="checkbox"/> Irritability                | <input type="checkbox"/> Jealousy |
| <input type="checkbox"/> Loss of interest in life    |                                   |
| <input type="checkbox"/> Moodiness                   |                                   |

### Intellectual

- |   |  |
|---|--|
| <input type="checkbox"/> Errors in judgment                   | <input type="checkbox"/> Obsessive/compulsive                        |
| <input type="checkbox"/> Errors in language                   | <input type="checkbox"/> Past oriented rather than present or future |
| <input type="checkbox"/> Errors in use of numbers             | <input type="checkbox"/> Preoccupation                               |
| <input type="checkbox"/> Forgetfulness                        | <input type="checkbox"/> Thoughts of death or suicide-passively      |
| <input type="checkbox"/> Lack of awareness to external events | <input type="checkbox"/> Worrying                                    |
| <input type="checkbox"/> Loss of creativity                   |  |
| <input type="checkbox"/> Loss of productivity                 |  |
| <input type="checkbox"/> Memory loss                          |  |
| <input type="checkbox"/> Mental blocking                      |  |