

Managing Grief and Its Symptoms

UNDERSTANDING GRIEF

Grief is a natural, human response to losing someone or something meaningful. But to find **hope** and **healing** through **grief** and **loss**, it's helpful to understand the many ways grief can show up in our lives. Each person's experience with grief is unique. Learning to recognize its symptoms can help you manage your symptoms more compassionately and know when to seek additional support.

WHAT CAUSES GRIEF?

Grief can stem from many types of losses, both expected and unexpected, including:

- Death of a loved one
- Relationship changes or breakups
- Serious illness or health challenges
- Job loss or significant workplace transitions
- Trauma, accidents, or sudden events
- Changes to identity, routine, or sense of security
- Major life transitions, such as retirement or relocation

No matter the source of your grief, your response to loss is valid.

SYMPTOMS OF GRIEF

Emotional Symptoms

Sadness or longing
Irritability or anger
Guilt or regret
Numbness or disbelief
Anxiety or worry about the future

Physical Symptoms

Fatigue or low energy
Headaches or muscle tension
Sleep disruptions
Appetite changes
Lowered immune response

Cognitive & Behavioral Symptoms

Trouble concentrating
Forgetfulness
Withdrawing from others
Difficulty making decisions
Feeling overwhelmed or disorganized

DID YOU KNOW?

Grief can affect the whole person—**emotionally, physically, and mentally.**

These responses are normal and part of adapting to change and loss.

Types of Grief

Understanding the type of grief you're experiencing can help you make sense of your reactions and needs.

- **Acute Grief:** Intense feelings that arise soon after a loss.
- **Anticipatory Grief:** Grief experienced before a loss occurs, such as during illness.
- **Complicated or Prolonged Grief:** When grief remains intense and disrupts daily life over time.
- **Collective Grief:** Shared experiences of loss within communities or groups.

Healthy Ways to Cope

Be compassionate with yourself. Here are a few strategies that can support you during the grieving process.

- **Acknowledge your feelings.** Grief has many layers, and all emotions are valid.
- **Stay connected.** Lean on trusted friends, family, or support professionals.
- **Maintain simple routines.** Consistency helps restore balance.
- **Practice self-care.** Everyday routines, including rest, a healthy diet, movement, and hydration, can make a big impact.
- **Use grounding tools.** Breathing exercises, mindfulness, and journaling can bring calm.
- **Create meaning.** Honoring memories or traditions can support healing.

When to Seek Additional Support

Consider reaching out for extra help if grief:

- Interferes with daily functioning
- Intensifies over time rather than easing
- Causes ongoing hopelessness or withdrawal
- Is connected to trauma or overwhelming stress
- Seeking support is a sign of strength.

AllOne Health is here to help with fast access to care, real human connection, and whole-person support. You can access live counseling, self-guided digital therapy, and in-the-moment support. Services are free, confidential, and available to you and your family members.

To get started, visit allonehealth.com/member-support.