

SYMPTOMS OF GRIEF

MENTAL SYMPTOMS

Numbness, detachment.
Yearning, preoccupation, thinking about the baby or what happened.
Confusion, disorientation, disorganized thought, difficulty concentrating.
Anger, irritability, envy, guilt, regret.
Fear, anxiety, worry, helplessness.
Sadness, hopelessness, despair.
Experiences of seeing, hearing, or feeling the presence of the baby.

PHYSICAL SYMPTOMS

Shortness of breath.
Tightness in the throat.
Heavy or aching arms.
Empty feeling in the abdomen.
Fatigue.
Sighing.
Crying spells, tearfulness.
Sleeplessness, restlessness.

SOCIAL-EMOTIONAL SYMPTOMS

Loneliness.
Withdrawal.
Feeling marginalized, isolated, avoided, misunderstood.
Feeling hurt by insensitivity of others.
Feeling annoyed by others trying to fix it.
Resenting that others expect bereaved parents to be over it.
Feeling like the only person who feels this way.

EXISTENTIAL SYMPTOMS

Why did this happen to me or to my baby?
How could this happen? I did all the right things.
Am I being punished?
How could God let this happen?
What's the point?
Everything seems so trivial.
What's the meaning of life?
What's my purpose?
What do I do now?

Reference

Davis, D. (2016). *Empty cradle, broken heart: Surviving the death of your baby*. Fulcrum Publishing.