

# Common Physical Aspects of Grief in Adults

- Waves of physical distress (e.g. crying, sobbing and sometimes screaming, etc.)
- Tightness in throat, difficulty swallowing and speaking
- Feeling of choking or loss of breath
- Heavy and repeated sighing
- Empty feeling in abdomen
- Lack of muscle power
- Muscle aches and pains; heavy feeling in chest
- Feeling of extreme tension
- Accident prone
- Physical changes
- Mild nausea
- Feeling of weakness, fatigue, exhaustion and/or faintness
- Chills followed by hot and cold perspiration
- Constipation, diarrhea or digestive problems
- Inability to eat or eating too much
- Inability to sleep or sleeping too much
- Dreams, nightmares or inability to sleep through the night
- Stress-related physical manifestations/illnesses

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