



Grieving: The First Weeks

The first weeks following a death bring so many changes and a wide range of reactions.

The word “grief” is used to describe the feelings we experience when we lose someone who has meaning in our lives. In these early days of grieving you may find yourself wondering if you are “normal” or “grieving the right way.”

Please be assured that it is natural and normal to feel:

- Numb
- Stunned
- Confused
- Disbelieving
- Relieved
- Calm
- Grateful
- Accepting
- Tearful
- Out of control
- Angry
- Ready to move on
- Empty
- Lonely
- Focused on the past

It is also normal to:

- Have changes in mood and energy level
- Cry at unexpected times
- Have changes in your eating and sleeping habits
- Experience a physical sense of loss or heaviness
- Focus on – or avoid – the tasks of “getting things done”
- Long to be touched or to be alone
- Have difficulty paying attention and remembering information

Adjusting to loss is a complex process that takes time and energy.

You will grieve in your own unique way, based on your relationship with the person who has died.

- Reach out to others
- Find safe, healthy ways to express your emotions
- Be patient with yourself
- Cry when you need to
- Laugh when you can
- Re-establish a routine
- Learn more about grief

Call Suncoast Hospice of Hillsborough at (813) 651-7300 for more information.



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