

What are 'normal' reactions to a bereavement?

People can react in many different ways. Everyone is different and there is no right or wrong way to grieve. In the hours, days and weeks after a bereavement it's quite normal and common to experience some of these different reactions.

Different reactions to bereavement

Loneliness

Feel low, lonely or empty sometimes.

Sadness

Cry a lot and feel overwhelming sorrow.

Shock

Feel dazed and have difficulty taking in what's happening.

Helplessness

Have difficulty coping and need lots of support.

Anxiety

Feel anxious and experience physical symptoms like dizziness and rapid heartbeat.

Confusion

Feel disorientated or forget things.

Denial

Feel disbelief like 'it's not really happening'.

Fear

Feel panicky and worry more.

Stress

Find it harder to cope when things go wrong.

Relief

That your loved one isn't suffering anymore.

Anger

Want to blame someone or something.

Guilt

About things you did or didn't do.

Numbness or show lack of emotions

Feel unable to cry or put off strong emotions by keeping busy.