

# Grief and Loss.

Information you should know.

Loss is a part of everyone's life. Each person reacts to a loss in his or her own way. It is how we respond to a particular loss is influenced by a combination of factors:

- The nature of the loss (what was our relationship like with that person? how did he/she die?)
- Our individual personalities and coping styles
- Our experiences, including what we have learned about loss from others throughout our lives
- The support we have in helping us cope with our loss
- Religious or spiritual beliefs

Grief can literally “weigh down” the person who must face the reality of such a loss, taking both a psychological and physical toll on the bereaved person. However, complex physiological and psychological responses may be extremely painful but can be overcome and managed if faced and experienced.

## Symptoms of Grief

- Numbness, the sense that none of this is real
- Expecting your deceased loved one to come back
- Experiencing your loved one communicating with you
- Memory issues and poor concentration
- A sense of anger, injustice, or helplessness
- Feelings of emptiness, loneliness, self-accusation or despair
- Guilt: if only you had done more, been nicer, not left home..
- Difficulty going to sleep, or waking in the middle of the night
- Weight loss or gain; over- or under-eating
- Low energy or fatigue, headaches,
- Chest pain or racing heart
- Upset stomach or digestive problems
- Hair loss

**For help with overcoming Grief,  
contact psychCentral:**

CLINIC 1021A Canterbury Road, Lakemba, 2195

PHONE 02 9759 7761

EMAIL [info@psychcentral.com.au](mailto:info@psychcentral.com.au)

BOOKING [psychcentral.com.au](http://psychcentral.com.au)



APS Psychologist

**psychCentral**  
Psychological & Counselling Services