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## Experiencing Grief

When someone in our life dies, it can be natural to experience grief. Experiences and feelings related to grief can look different for each person and may present in ways that do not feel predictable or align with how you think you “should” be grieving.

Below are some experiences that people may experience during grief.

- Tightness in the throat
- Heaviness in the chest
- An empty feeling in the stomach
- Loss of appetite or eating more than your typical
- Difficulty concentrating
- Difficulty completing tasks or taking on more tasks
- Difficulty sleeping or sleeping more
- Having reoccurring dreams about the person who died
- Restlessness
- Aimlessness
- A sense of loneliness and isolation
- Increase in mood changes
- Crying at unexpected times or feeling numb at times
- Neglecting one’s own health or hyper-focusing on ones’ own health
- Feelings of abandonment
- Thinking about the death or the person who died often
- Feeling the need to take care of others
- Feeling the need to remember and retell things about the loved one

Changes in behavior or mood that impact your daily living may require additional supports. Please reach out to the Center for Grieving children for assistance related to finding peer support, connecting with therapeutic providers, or accessing bereavement resources. Call us at (207) 775-5216 or find more information on our website at [cgcmaine.org](http://cgcmaine.org)

For immediate or emergency support, please call the Maine State Crisis number at 1-888-568-1112.

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