




# What's normal in grief?

© Megan Devine

Normal grief is so much more than sadness. If it's in the body or the mind – grief affects it. This list covers some of the most common experiences of grief, but it's definitely not everything. Whatever you're experiencing, chances are someone else has felt it too.

- trouble sleeping
- physical exhaustion
- forgetfulness
- inability to concentrate
- trouble reading
- irritation with others
- disbelief that it happened
- feeling numb
- mood swings
- sensory overload
- inability to cry
- restlessness

- dark humor
- deep sadness
- phantom pains
- hypersensitivity
- confusion
- trouble concentrating
- nightmares/dreams
- anxiety
- loss of appetite
- increased appetite
- short temper/frustration
- hating the grocery store
- headaches
- stomachaches
- forgetting words
- relationship stress
- loneliness
- feeling guilty
- time loss
- intrusive thoughts
- wanting to be left alone
- needing people nearby
- feeling misunderstood
- clumsiness



for more on what's  
normal inside grief  
visit @refugeingrief

