

Symptoms of Grief



BC Cancer Agency

CARE + RESEARCH

An agency of the Provincial Health Services Authority

Psychosocial Oncology

Changes in the way you behave:

- Crying
- Lack of energy
- Changes in eating or sleeping patterns
- Feeling generally “under the weather”
- Withdrawing socially
- Less productivity
- Increased restlessness and anxiety Increased need for reassurance from others
- Changes in sexual interest/activity

Changes in the way you think:

- Avoiding or denying the loss
- Not being able to remember things, pay attention or concentrate
- Thinking about your loss almost all of the time
- Idealizing the past
- Focusing on searching for reasons for the loss
- Dwelling on mistakes and regrets, real or imagined

Changes in the way you feel:

- feeling tired or weak
- anger or envy at seeing others who have experienced a loss
- increased sadness
- increased depression
- confusion
- increased flatness in mood
- hypersensitivity or feeling on edge

If your emotions are regularly affecting your ability to cope with daily life, consider contacting a psychosocial oncology professional at Patient & Family Counselling Services, BC Cancer Agency Centre.

This is part of a series of FACT Sheets developed by Psychosocial Oncology, BC Cancer Agency. For further information, please access our provincial website at: www.bccancer.bc.ca Revised 2013