

Understanding Grief



Grief is a natural reaction to losing someone or something worthwhile in life. It's a reaction to unwanted and often unexpected changes that may affect every aspect of a person's life.

Grief hits people differently, and sometimes a person may need grief therapy to deliberately work through their grief - especially when they develop **complicated grief**.

Complicated Grief

Complicated grief (also known as prolonged grief or persistent complex bereavement-related disorder) is intense grief lasting beyond six months. When a person struggles to start moving on from acute intense, this can affect their health, relationships, work, and social functioning.

Some symptoms of complicated grief may include:

- Preoccupation with the loss
- Overinvolvement in the activities related to the loss
- Difficulty accepting the the loss
- Excessive guilt and self-blame
- Avoidance of reminders of the loss
- Feelings of intense emotional pain and sadness
- Seeing no meaning or purpose in life



Grief and bereavement can also affect a person's body. Physical symptoms of grief may include:

- Feeling sick
- Upset stomach
- Fatigue
- Aches and pains
- Sensory hypersensitivity
- Weakened immunity

Behavioural signs of grief commonly involve:

- Restlessness
- Appetite changes – either a loss of appetite or eating excessively
- Sleep problems
- Nightmares

Dealing with Grief



Many people struggle to recognise and deal with the long-term impacts of complicated grief. Grief therapy may assist a person in working through their grief and loss so that they can better adjust to reality.

A good psychologist will personalise evidence-based and proven frameworks to suit the specific circumstances of somebody suffering from complicated grief.

Getting Help



Call us on **1300 151 110** to book an initial consultation with a qualified and compassionate psychologist.

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