

# Normal Grief / Complicated Grief Reaction

Losing a loved one inevitably brings feelings of sorrow, grief, and depression. In general, this transitional period of bereavement may last from several weeks to a few months, and gradually go from initial shock and denial, then anger and complaints, and eventually to adaptation, acceptance of reality, and resumption of normal life.

However, if the grieving process does not go smoothly, it may lead to a complicated grief reaction.

## Common Symptoms



Prolonged duration



Persistent severe depression



An overwhelming guilt or excessive self-blame about the deceased



Hallucinations or suicidal thoughts

One must seek help as early as possible if these psychological distress symptoms persist.

## To Cope with Bereavement

- Communicate more with those you trust and support each other
- Reminiscence on and cherish the memories with the deceased
- Take care of yourself and maintain a healthy lifestyle
- Develop hobbies and live in the present