

# How does grief affect the body?



## **Appetite and digestion**

For some people eating can be very difficult and you might completely lose your appetite. For others they find great comfort in eating and might find themselves over-eating. Digestive upsets are also common. If you are still struggling with eating or have a change in digestion after several weeks speak to your GP.



## **Changes to your sleep**

It's normal to have trouble sleeping after someone dies. You might be frightened to go to sleep because of bad nightmares. Try slowly getting into a new night-time routine, a bath or warm shower, a sleepy tea or reading can help.



## **Anxiety**

Grief can make you feel very anxious. Sometimes this can result in feeling breathless, having heart palpitations or even a panic attack. This can be very scary. If you start to have these regularly, it's a good idea to contact your doctor.



## **Physical pain**

It's common to feel physical pain after someone dies. Grief can affect your whole body. It can also reduce your ability to fight off minor infections.

## **Want to learn more?**

Visit [coop.co.uk/griefandbereavement](https://coop.co.uk/griefandbereavement) for more information

## **You don't have to grieve alone...**

Website: [cruse.org.uk](https://cruse.org.uk)

National freephone helpline: **0808 808 1677**

Email: [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)



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It's what we do