

*"You would know the secret of death. But how shall you find it unless you seek it in the heart of life?"*

- Kahil Gibran

**Grief:**  
**Emotional reactions to loss, ranging from tears and sadness, guilt and rage, and/or complete emotional devastation.**



**Mourning:**  
**The process of working through deep grief, loss and change.**

For free, confidential  
Counseling for  
Cadets,  
Active duty,  
LDC Students  
Faculty and Staff,  
Civilian Coast Guard Members  
and family members,

Please Call

The Chaplains Office  
U. S. Coast Guard Academy  
860-444-8480



**GRIEF**

**&**

**MOURNING**

Chaplains Office  
U. S. Coast Guard Academy



## FEELINGS

Sadness  
Anger  
Guilt  
Self Reproach  
Anxiety  
Loneliness  
Fatigue  
Helplessness  
Shock  
Yearning  
Emancipation  
Relief  
Numbness



## COGNITION

Disbelief  
Confusion  
Sense of Presence  
Hallucinations  
Preoccupation



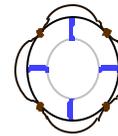
## PHYSICAL

Hollowness in Stomach  
Tightness in Chest  
Tightness in Throat  
Oversensitivity to Noise  
Depersonalization (nothing seems real)  
Shortness of Breath  
Weakness in Muscles  
Lack of energy  
Dry Mouth



## BEHAVIORS

Sleep Disturbance  
Appetite Disturbance  
Absent-mindedness  
Social Withdrawl  
Dreams of the deceased  
Avoiding reminders Of the deceased  
Searching and Calling out  
Restless Overactivity  
Visiting places or Carrying objects that remind survivor of the deceased  
Sighing  
Treasuring objects that belonged to the deceased



## FOUR TASKS OF MOURNING

- Accept the reality of the loss.
- Experience the pain of grief.
- Adjust to environment in which the deceased is missing.
- Withdraw emotional energy and reinvest in another relationship.

### COMMON REACTIONS

Denial ..... Not me  
Anger ..... How dare you  
Bargaining ..... If only  
Acceptance ..... Hello, again

(Requires Time)

## SUDDEN DEATH

- Leaves survivors with a sense of unreality about the loss.
- Feelings of intense guilt and incredible rage. The need to blame someone is extremely strong.
- Frequent involvement of legal, medical and departmental authorities as well as high media interest.
- Sense of helplessness in survivors.
- Unfinished business.
- Increased need to understand why the death occurred.