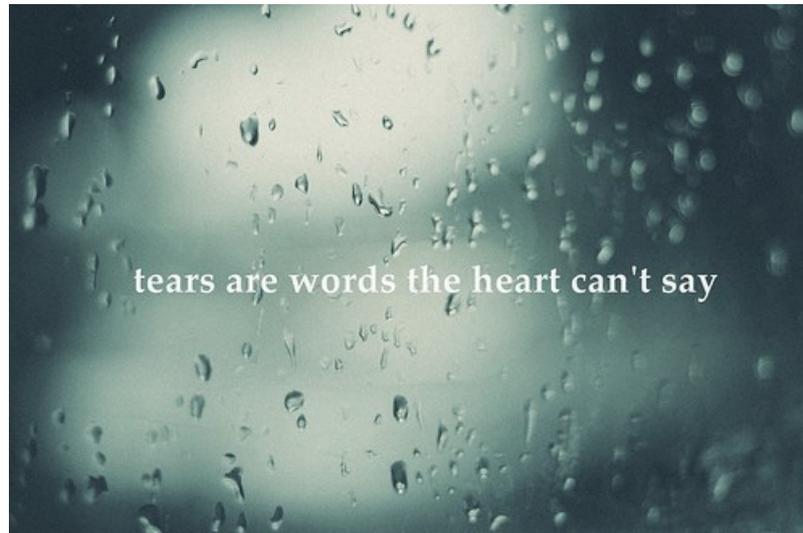


Common Reactions to Loss and Injury

By Clarissa Pinkola Estes



Physical Reactions

- Fatigue
- Inability to sleep
- Sleeping too much
- Exhaustion
- Changes in appetite
- Feeling numb
- Crying
- Need for comfort
- Sleep disturbance, nightmares

Behavioural Reactions

- Poor concentration
- Flashbacks
- Hyperactivity, can't rest
- Recurrent dreams
- Inability to remember
- Refusing to talk
- Feeling one should not cry
- Isolating, wanting to be alone
- Wanting to just sit or stare

Psychological Reactions

- Feelings of fear
- Feelings of guilt
- Feelings of helplessness
- Feelings one cannot stop crying
- Anger, blaming others or self
- Frustration with people helping
- Anxiety
- Depression
- Amnesia
- Thinking no-one can understand

All of these are normal reactions to loss and although painful are part of the healing process. There is not a lot others can do to make you not experience these reactions but they will lessen.

ACTIONS TO TAKE FOR RECOVERY

- Within the first 48 hours do some strenuous exercise coupled with relaxation. This will alleviate some of the physical symptoms
- Keep busy, do not sit and do nothing. You are having a NORMAL reaction, so do not tell yourself that you are losing your mind
- Talk to people, this is the most healing thing that you can do. You may have to tell your story over and over again before it losses it's distress.
- Spend time with others, try not to isolate yourself.
- Avoid using alcohol as this merely covers up feelings
- When you feel bad find someone to talk to . Ask them how they are as they may be unsure of what to say to you.
- Your spiritual beliefs will definitely help you. Find someone to talk with about these. This will help you find some meaning.
- You definitely will be able to help yourself and others best if you cleanse your feelings and accept caring from others