



Common Feelings of Grief

The symptoms of grief following the loss of a pet can include:

- shock
- anger
- anxiety
- numbness
- exhaustion
- guilt
- a feeling of helplessness
- pining
- fear
- relief (especially if a pet has been sick for some time)
- feeling overwhelmed and unable to cope
- irritability
- impulsiveness coupled with indecision

Common Physical Symptoms of Grief

The physical symptoms of grief following the loss of a pet can include:

- pain in the chest which many people describe as 'heartache'
- muscle weakness
- aches and pains
- flu-like symptoms
- oversensitivity to touch and/or sound
- dry mouth which makes it harder to speak and express your feelings
- exhaustion and lethargy
- hollow feeling in the stomach
- shortness of breath

Common Behaviors When Grieving

The common behaviors of grief following the loss of a pet can include:

- not being able to sleep or sleeping excessively
- momentarily forgetting your pet is gone and looking for them or calling out for them
- crying or sobbing, or alternately, not crying or sobbing even if you feel you want to
- becoming socially withdrawn, or alternately, if you are usually solitary you may find yourself suddenly seeking company in order to avoid being alone
- hyperactivity - obsessively cleaning, doing housework or other activities you may usually avoid
- treasuring reminders of your pet, or alternately, removing all reminders of your pet
- dreaming of your pet
- revisiting places you visited with your pet
- inability to deal with normal day-to-day activities
- losing interest in what you perceive to now be 'trivial' things