

## FUNERAL STRESS

Please be aware that the following are some of the normal reactions that you may experience after the death of a loved one:

### PHYSICAL REACTIONS

Fatigue • Nightmares • Hyperactivity • Exhaustion • Startle reactions • Underactivity  
Insomnia • Health problems (such as change in appetite, headaches, heartburn, etc.)

### MENTAL REACTIONS

Difficulty with concentration • Difficulty making decisions • Difficulty solving problems  
Inability to attach anything of importance to anything other than this incident  
Memory disturbance • Flashbacks • Isolation

### EMOTIONAL REACTIONS

Fear • Guilt • Depression • Oversensitivity • Anxiety • Emotional numbness  
Amnesia • Feeling of helplessness • Anger • Frustration • Irritability

Although painful, these reactions are normal and are part of the healing process. There's not much you can do to keep from experiencing these feelings, but there are things you can do to gain some control of your situation.

### THINGS TO TRY:

- ⇒ Within the first 24 hours—try light physical exercise (such as walking) alternated with relaxation. The exercise need not be strenuous to help relieve stress.
- ⇒ Structure your time—keep busy but be sure the activity is meaningful. This is a good time to focus on your family and the loved one who died.
- ⇒ Talk to people—talking is the most healing “medicine”.
- ⇒ Reach out—share your feelings with others. Spend time with others.
- ⇒ Keep your life as normal as possible
- ⇒ Keep a journal—write your way through those long, quiet hours.
- ⇒ Don't make any “big” life changes
- ⇒ Do make as many daily decisions as possible—which give you a feeling of control. For example, if someone asks you what you want to eat, answer them even if you are not sure.
- ⇒ Learn about the grieving process—obtain information. Contact Hood Mortuary or your local funeral home for many resources such as books, articles, videos, community resources, etc.

*Please remember:*

*You are having normal reactions. Reach out and learn about your feelings.  
You are not alone. We are here to help.*

**\*\*Please call Kathy Tonnessen at 970-247-2312 for further information or questions\*\***