

Take care of yourself

Do not hesitate  
to seek help

A bereavement is a long and trying process – probably the most difficult trial a human being can undergo.

During this trying time, be indulgent with yourself, and try not to neglect your body and your health.

**Make sure you eat, in spite of your sorrow**

The emotions associated with bereavement often provoke digestive problems and loss of appetite. Even if you do not feel hungry, it is important to take the proper nourishment.

**Drink more than usual**

Tears, hot spells and sweating can dehydrate the body. For this reason it is important to drink about a third more than usual.

You will probably need support and an attentive ear as you go through your mourning period.

Do not hesitate to seek help from a psychologist, a doctor or another health professional whom you trust.

A presentation of your local funeral cooperative



LES COOPÉRATIVES  
FUNÉRAIRES  
DU QUÉBEC

Physical symptoms  
during bereavement

Your body tells you  
it is suffering too

*A humane  
approach*



## Bereavement and physical pain

## The state of shock: a normal phase

## The hormones: a shield against pain



The emotions felt when you lose a loved one are intense. Sometimes the pain is so great that it is also felt in your body.

If you are going through a bereavement, you may feel physical symptoms such as:

- dry mouth
- difficulty swallowing
- tightness in the throat or chest
- trembling
- hot spells
- sudden, excessive sweating
- heart palpitations
- high blood pressure
- acute sensitivity to noise
- headaches and migraines.

**If one or more of these symptoms become persistent or if your health deteriorates, it is very important that you see a health specialist.**

Shock is a normal phenomenon which follows after a traumatic event.

Can you imagine an event more traumatizing than the death of a loved one?

Here are a few symptoms you might feel in a state of shock:

- ringing in the ears
- blurred vision
- a sensation of intense cold
- physical heaviness throughout the body

If possible, stay close to an affectionate person who will be able to provide you with support and help you slowly recover from this trance-like state.

If you are in a state of shock, your body will react by secreting tranquillizing hormones.

This hormone production is a survival tactic taken by the organism to prevent it from collapse. It offers protection from emotional pain that is too intense.

The tranquillizing hormones have a numbing effect; they may give you the feeling of being surrounded by a protective bubble.

**This protection from pain generally lasts only a short time. A state of prolonged numbness may be abnormal. Do not hesitate to consult a health professional.**