

## GRIEF

Variable mood, shifting between anger, sadness & normal states in one day

Preoccupied with loss

Responds to warmth & reassurance from others

Stays connected with family & friends

Reference: Worden JW. *Grief Counseling and Grief Therapy. A Handbook for the Mental Health Practitioner*, 4<sup>th</sup> ed.; 2008

### **Note: Questions or Concerns?**

Talk to your physician or health care professional for guidance.

## DEPRESSION

Feeling immobilized or stuck

Withdrawal, despondency, hopelessness

Persistent overwhelming guilt

Preoccupied with negative, distorted view of self

Unable to feel comforted by the support of others

Loss of connection with self & others

## SHARED CHARACTERISTICS

Sadness

Fatigue

Loss of energy

Inability to focus

Not interested in the rest of the world

Anxiety

Somatic disturbances

Anger

Fear of losing one's mind

Spiritual estrangement

Alteration in relationships

Impaired function

Longing for the end of pain