

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

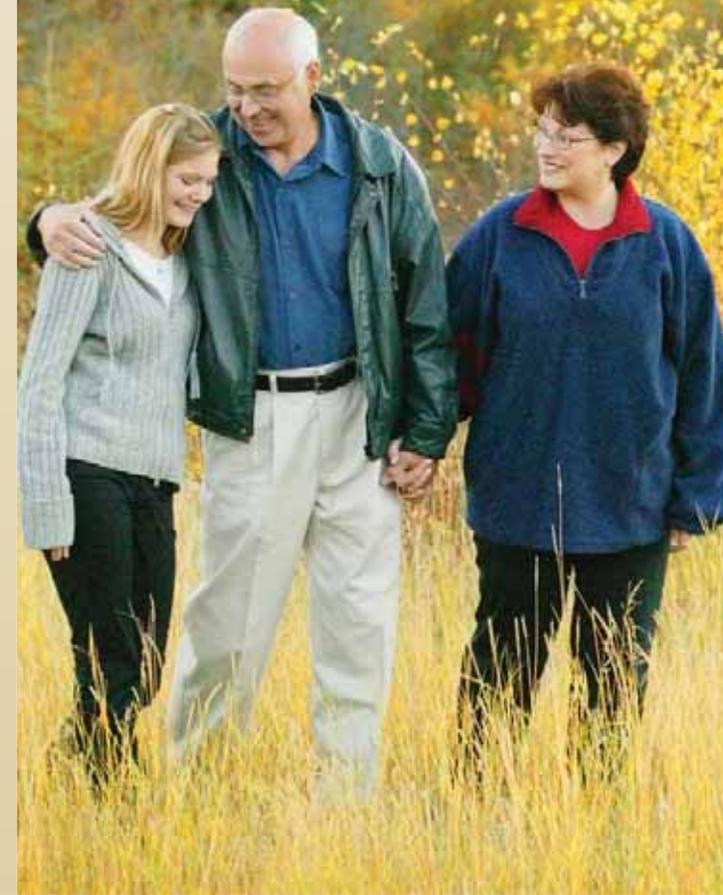


LES COOPÉRATIVES
FUNÉRAIRES
DU QUÉBEC

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.