EVOLV coaching

How to Recognize Grief

- Bursting into tears easily and sometimes unexpectedly
- Trouble sleeping or sleeping more than usual
- Fear of sleeping
- Struggling to make simple decisions
- Overwhelming feelings of loneliness
- Easily agitated
- Oversensitive to noise
- Desire to isolate and not socialize
- Depression
- Not able to feel joy
- Unable to focus
- Riding an emotional roller coaster
- Feeling guilty for wanting to be happy
- Skin rashes suddenly appearing
- Increase / decrease in appetite
- Lack of energy / tired / weak
- Hollow feeling in your stomach
- Tightness or heaviness in your chest
- Difficulty breathing
- Dry mouth
- Aches & pains



What am I experiencing?

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