

**SOME COMMONLY REPORTED EXPERIENCES OF GRIEF
FOLLOWING A SUDDEN, UNEXPECTED DEATH**

Time frame	Procedures/practicalities *	Experiences of grief #
INFORMATION VACUUM		
Immediately after the death	being informed of the person's death identification of the deceased's body removal of deceased's body to morgue	panic; shock; disbelief sorrow anger (directed at others)
Short term (up to & including the funeral)	post-mortem examination release of deceased's body from coroner's control viewing of the deceased's body arranging funeral funeral, burial/cremation personal items returned to next of kin	numbness; emotional outbursts disturbed sleep and/or appetite difficulty making decisions stunned feelings fear; despair fantasy; helplessness other physical symptoms
SUPPORTS MAY OFTEN BEGIN TO DIMINISH		
Medium term (after the funeral)	written notification to next of kin of coroner's inquest (investigation) death certificate (<i>without</i> cause of death) police investigation, compiling brief of evidence, including post-mortem report written notification to next of kin of inquest (hearing) inquest (hearing)	anxiety; uncertainty guilt (focused on self); if only . . . restlessness; heightened sensitivity mental distraction; why? relationship problems searching, yearning, pining supports may begin to diminish disorientation, disorganisation processing information
(often 3 months or more after the death)		
REALITY SETS IN		
Medium term/long term	death certificate (<i>with</i> cause of death) release of post-mortem report, if requested insurance claims (motor vehicle, etc.) deceased estate (will/intestacy) other financial issues, tax, etc.	reality awareness/feeling unreal depression reduced performance loneliness, isolation social withdrawal fatigue, lethargy
RENEWAL OF GRIEF RESPONSES		
first anniversary of the death wedding anniversary	subsequent anniversaries holidays (Christmas, etc.) other trigger events	birthdays (own, deceased's) family gatherings

NOTES

* in chronological order

not in any particular order; can occur or re-occur at any time; not a complete list