It is חרם. A person in חרם. A person in חרם has a stone placed on their ארון if they are חרם while in חרם.

An אבל wraps his head. בזמן הזה, we are not נוהג to do this.

An אבל does not wear תפילין the first day of his אבילות (i.e, of מפילין; an אבילות does not wear תפילין).

During the first three days of שבעה, the אבל should not ask about the welfare of others, nor may he reply if asked (by a person who does not know that he is an אבל). After this, he cannot ask, but may answer.

An אבל cannot learn תורה. He may learn איוב and the sad parts of if there is no one else to answer.

A בעל קרי can say קריאת שמע.

An אבל cannot wash his clothes during שבעה.

An בזמן overturns his bed בזמן הזה, we are not נוהג to do this.

An אבל cannot go to work, nor perform מלאכה (as on חול המועד; he may turn on lights and such).

An אסור ברחיצה is אסור ברחיצה. He may wash his face, hands and feet.

An אבל cannot wear leather shoes.

An אבל is אסור בתשמיש המטה.