



HOSPICE MESSAGES OF HOPE

Death of a Sibling

Siblings have a special bond. When a sibling passes, you can feel like you have lost your support system or a part of you is missing.

The relationship of siblings is uniquely tied to our past and how we define ourselves. It incorporates our earliest childhood memories of our place within the family and serves as an anchor for us. This anchor helps us connect with our roots whenever we have a need to connect, remember or be reassured.

The death of a sibling sometimes feels as if we have lost our mooring; the anchor has become dislodged and we are adrift.

In order to heal our hearts, we must embrace our grief and the relationship with it. God gives us grief as our medicine to heal. Once we have embraced the grief, we need to find ways in which to express it.

WAYS TO HEAL

Tears are but one way to express grief. Be creative. Each time we find a way to feel our pain and express it, we heal.

- Maintain a strong connection with your sibling's children and friends. Sharing their joys and sorrows is an integral part of your life. Telling your sibling's stories to their children and friends helps to close the wound and keep their memories alive.
- Honor your loved ones in a way that is unique to you and your needs. Planting a loved one's favorite flower or tree is an option. And remember, you honor your loved one simply by taking care of yourself.
- Talk with someone you trust. Reach out to others and make your needs known.
- Write in a journal to release your feelings.
- Put together a scrapbook.
- Go to a favorite place you shared together.

In the beginning, you may not be able to do any of these things, but eventually you will feel stronger to move through your grief.

Intentionally experiencing your grief will minimize the times when you are caught off guard and find yourself weeping at a trigger you did not expect. It could be a song or the smell of cologne. Finding a support group or grief counselor may be helpful. Whatever you choose, it is important to get your needs met.

Incorporate hope into your grief journey. Hope is such an important part of our lives. It gets us up in the mornings and helps us to set goals.

The goal of grief is to travel from a living presence to a loving memory. And so our hope is that you can continue to hope and that loving memories dwell within your heart.

OSF Home Care Services is here to support you and wants to meet you wherever you are in your grief journey.

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FOR MORE INFORMATION

Call (800) 673-5288 or visit our website at www.osfhomecare.org.



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