



HOSPICE MESSAGES OF HOPE

The Fragility of Life

The fragility of life is easy to forget. People go about their days stressing over the small things, such as the dishes in the sink, an overwhelming workload or the oil change for the car. In the whirlwind of day-to-day life, you can lose track of the preciousness of life until confronted with the loss of someone dear. Suddenly, you are struck with something we all try to forget – our mortality.

HOW LONG

You may be asking yourself, “How long does this intense pain, this horrible sense of loss, last?” Well, grief will take as long as it needs. It could take months or several years. “In time” is what is often said. “In time, we will heal,” right? Yes, but it is more than just time; it is time actively grieving the death of your loved one. Time spent just trying to move on, losing yourself in the whirlwind of day-to-day living, suppressing your feelings and grieving in isolation are ways we’ve been conditioned to grieve, but it does not allow you to properly heal.

When you try to ignore the powerful feelings associated with grief, they will erupt at some point. If you fail to express your grief and don’t work through that pain, both physical and psychological responses can manifest in disruptive forms.

Take this chance to express your love, pain and sorrow in honor of the one you lost. Keep their memory alive; it is your gift to them. Grieving properly is telling their story, carrying on their legacy, expressing your feelings, crying when you need to cry, remembering those memories and smiling.

HONOR YOUR LOVED ONE

There are so many ways you can commemorate the loss of your loved one:

- Consider wearing a piece of your loved one’s jewelry
- Cook their favorite meal
- Visit them at the cemetery
- Plant a tree in their honor
- Create a scrapbook of your memories of their life

Do whatever you need to do to keep their memory alive.

Lastly, don’t get discouraged. Grief is sporadic; it isn’t just an uphill climb like so many other obstacles in life. When it comes to grieving the loss of someone dear to us, there are good and bad days, highs and lows, ups and downs. Be assured, these are not setbacks, but part of the process of grieving. Over time, those deep, dark valleys will become shallower, and the peaks will widen until one day you will find you are on even ground again.

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

FOR MORE INFORMATION

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

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