



Jacintas Smile

SIBLING BEREAVEMENT SUPPORT

Agenda

- Our family reality
- Fintans reality
- How it feels
- Charlottes reality
- Self Care
- What helped us?
- Resilience/Marathon
- Jacintas Smile
- Video













Relentless
Missing Them
Feeling Empty
Shock
Tiredness
Sleepless Nights
Yearning
Lack of Energy

Pain
Expectations
Personality change
Role Change
Illness

Anger
Petrified
Anxiousness
Loneliness
Sadness
Helplessness

How It feels

Grief is like the sky-it's Everywhere

Every day is difficult for different
reasons

Acting out
Depression
Self Harm
Suicide Ideation
Disassociation
Blocking it out



Self Care

Aishleen	Katie-Anne	Charlotte	Mummy	Daddy
Seaside walk	Glass of hot lemon water in the morning	Planning little life goals/small steps	Electric bike	Music/celtic cru
Weekly wash and Blow dry	Tea and toast in bed	Medication	Resting when needs be	Working (distraction) No time to think
Fresh white bedsheets	Cuddling her little boy Bobby James	Fiance and loyal friends	Cooking Sunday roasts for her family	Relaxing watching sport

Normalise the
situation/
Jacintas Smile

People Remembering and
naming the dead person and
significant dates

Others
Presence
Acknowledgment

FUN
Little goals

What has helped

TLC
Continued Support

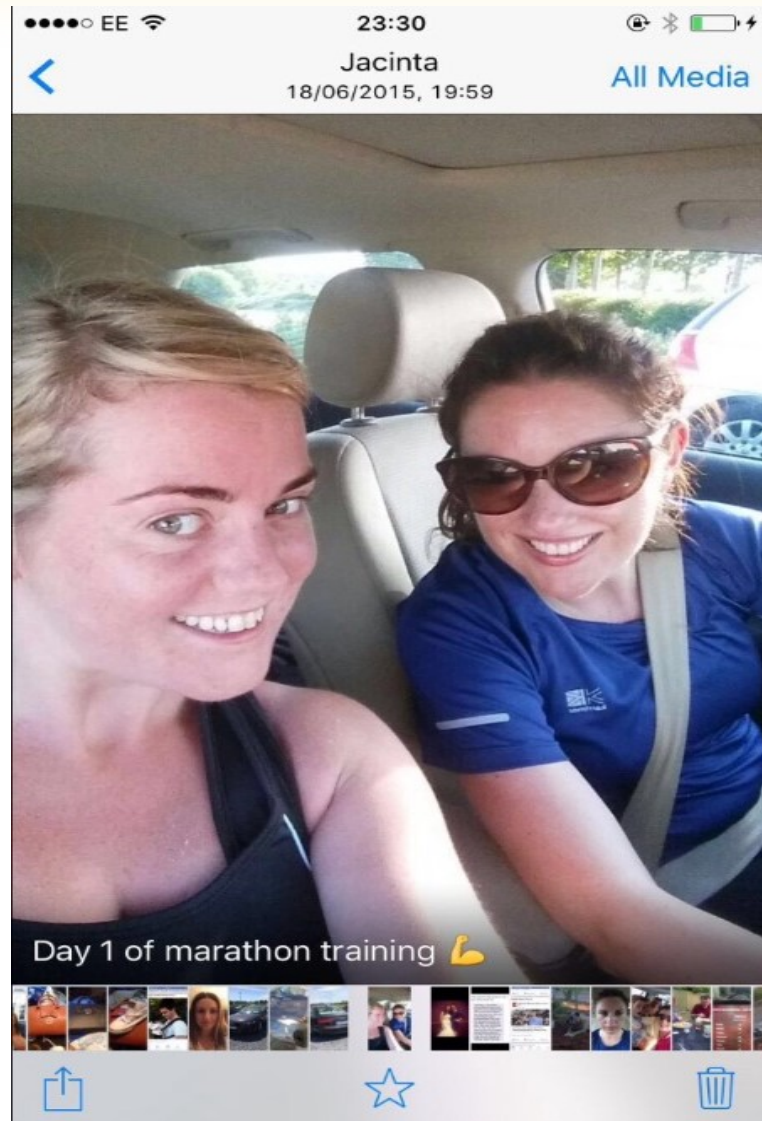
Tailored Counselling
Medication

Wanted
Secure
Safe

Routine
Structure
Discipline

Resilience is the ability to recover from stresses difficulties and problems caused by setbacks and adversity

From Latin “to leap back”



How did we leap back?

The Dublin City Marathon 2016







Jacintas smile

- Supporting bereaved brothers and sisters
- Vita House - fully registered
- Activity days out
- Individual tailored counselling
- Ongoing fundraising events

