



MEMORIES OF A LOST ONE

MOMINA NADEEM

ABSTRACT

My work revolves around the memories of a lost one, Five years back I lost a very close person to my heart, my brother when I heard the news of my brothers death I feel like a piece of my heart is corked up in a glass bottle, thrown into the middle of the sea and then that glass bottle hit against a merciless rock and cracks open making my heart spill out, not little by little, but all the once and join all the other pieces of hearts in the ocean in that moment I feel like everywhere is haunted. I was constantly seeing things That were not actually happening at that unfortunate time. The thought of his no more existence brought a serious heartbreak every single time.

All these thoughts and feels made me to recreate the memories of his clothes and other things which he used to utilize in his daily life. It was extremely difficult for me and my mother to make these hand embroidery objects because while making them i remembered every memory associated with my brother and it kind of took me back to the time when my brother was alive. Fortunately by choosing hand embroidery as medium healed me and reduced my anxiety and now I am kind of accepting the reality that he is no more and by studying the impact of loss and loss of adornment of loved on possession I aim to find a connection to reach him.

Literature review

Concept development (research gap)



After my brother left this world,
my dad went through a lot of depression



These pictures are from my brother's closet. This is the whole
wardrobe my brother had set with his hands. My dad wouldn't
let anyone in this room except us.



My Brother's Last Birthday



stages of grief:

loss - hurt
shock

Numbness

Denial

Emotional
Outbursts

Anger

Fear

Searching

Discover something

Disorganization - disarrangement

Panic

Guilt

Loneliness

Isolation

loss

adjustment

affirmation

Hope

New

Patterns

New

Strengths

New

Relationships

Re-Entry

Troubles

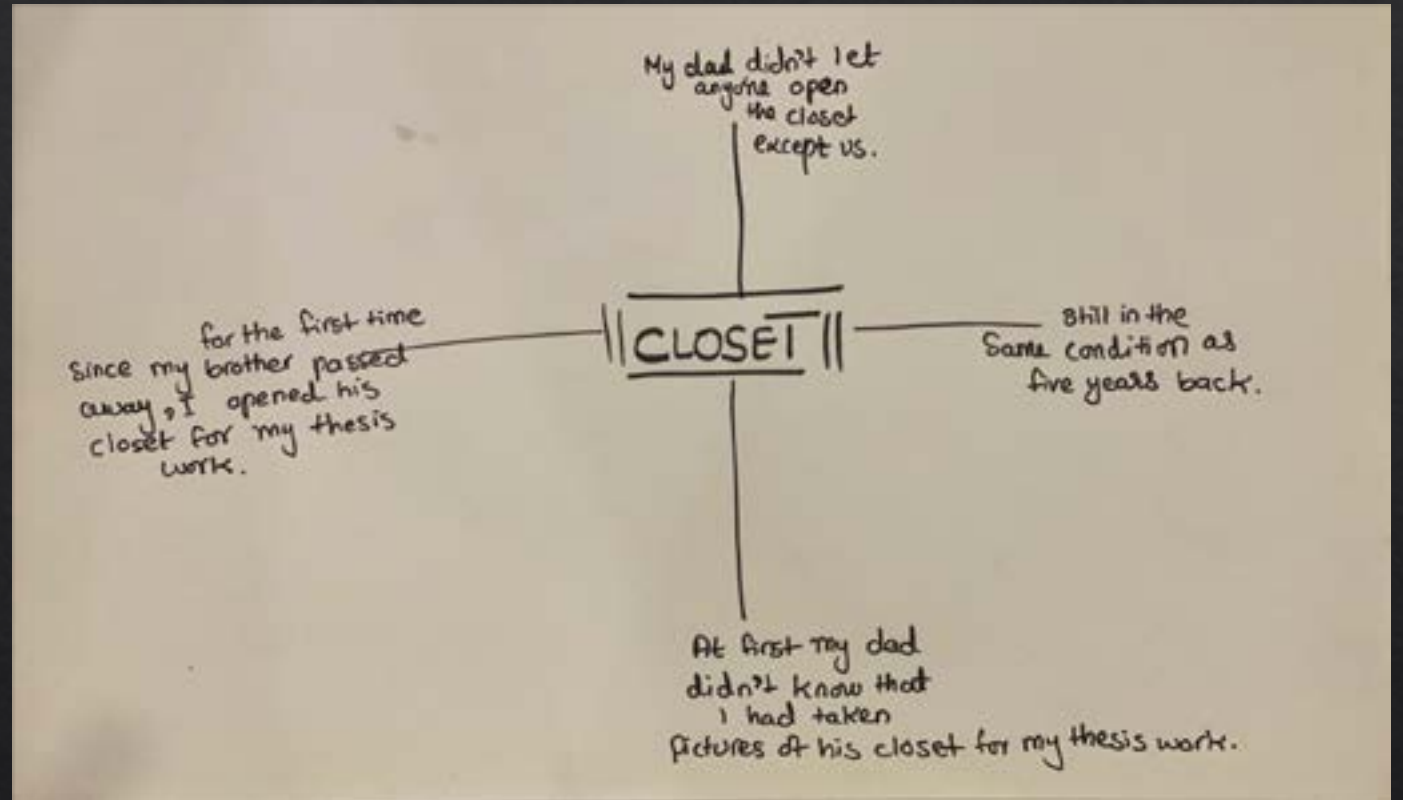
Depression

emotional
support

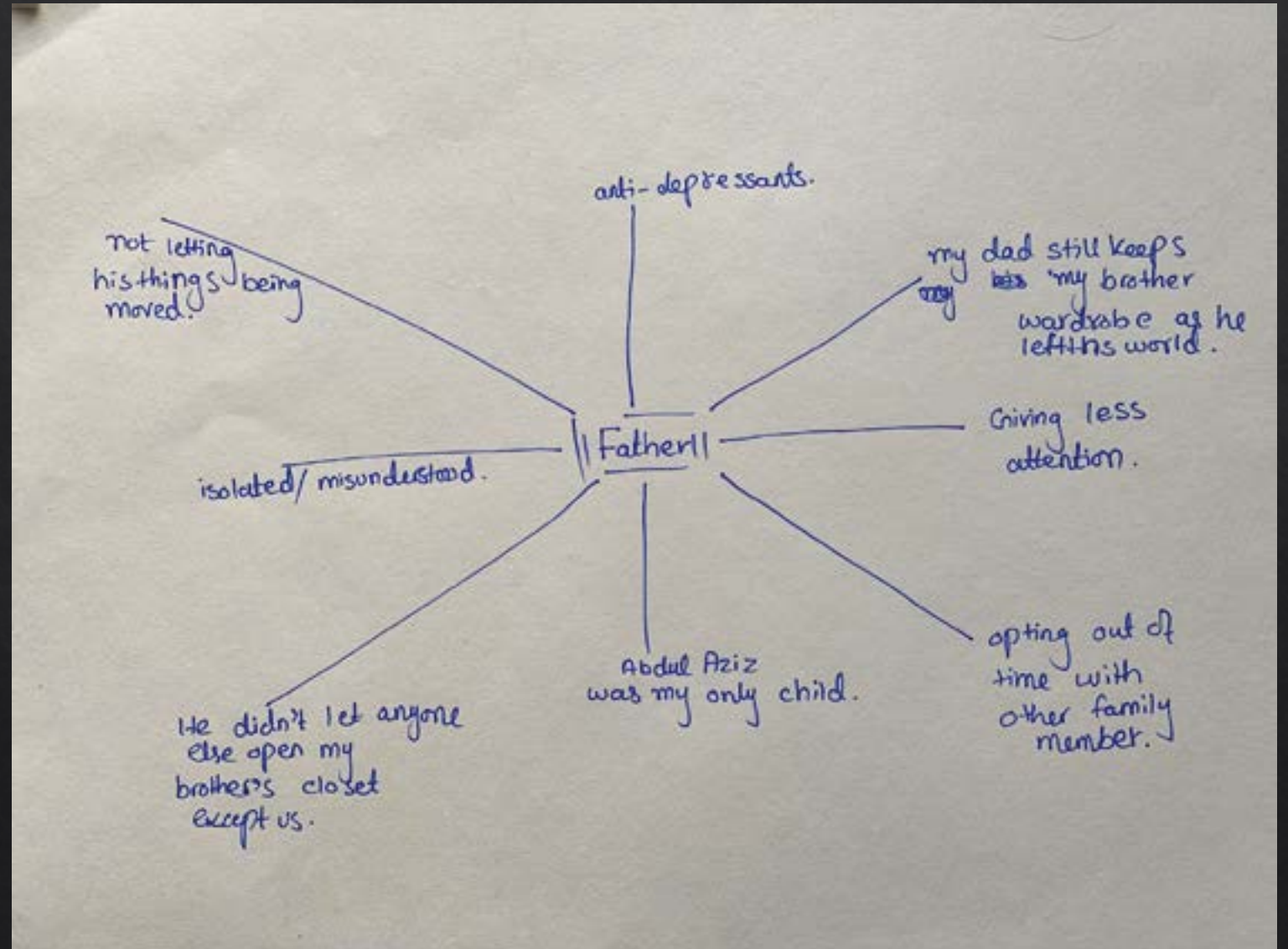
10 articles

Mind map

Closet



Father's behavior



books

The Empty Room

Surviving the Loss of a Brother or Sister at Any Age



Elizabeth DeVita-Raeburn

Ted is Elizabeth DeVita-Raeburn's older brother, best friend, and the "ringmaster of her days." On a September morning when she is six, she wakes up and Ted is gone. Her parents explain that he went to the hospital for a while. "A while" turns out to be eight years in a plastic bubble, where he dies of a rare autoimmune disease at age seventeen. "The Empty Room" is DeVita-Raeburn's unflinching, often haunting recollection of life with Ted, woven into a larger exploration of the enormous -- and often unacknowledged -- impact of a sister's or brother's death on remaining siblings.

by Elizabeth DeVita-Raeburn

Living Through Grief
When an Adult
Brother or Sister Dies

SURVIVING
the DEATH of
a SIBLING

T. J. WRAY

Based on the author's own experiences, as well as those of many others, **Surviving the Death of a Sibling** helps adults who have lost a brother or sister to realize that they are not alone in their struggle. Just as important, it teaches them to understand the unique stages of their grieving process, offering practical and prescriptive advice for dealing with each stage

by T.J. Wray



SIBLING LOSS ACROSS THE LIFESPAN

Research, Practice, and Personal Stories

Edited by

Brenda J. Marshall

Howard R. Winokuer



Sibling Loss Across the Lifespan brings together researchers, clinicians, and bereaved siblings to explore sibling loss. Unique in both form and content, the book focuses on loss within five key age ranges—childhood, adolescence, emerging adulthood, adulthood, and late adulthood—and losses within a special topics section that addresses areas of interest across multiple age groups. In addition to chapters from researchers and clinicians, the book includes personal stories from bereaved siblings who describe the lived experience of this loss

Artist research

Mary Carson

During my “dark time” after losing my brother and mother, I turned to slow stitching as a way to get out of my head and take a break from the sadness. Now that they’ve been gone for a few years, it still provides emotional support, but it’s also leading me to a new vocation as a textile artist



Debbie Smyth

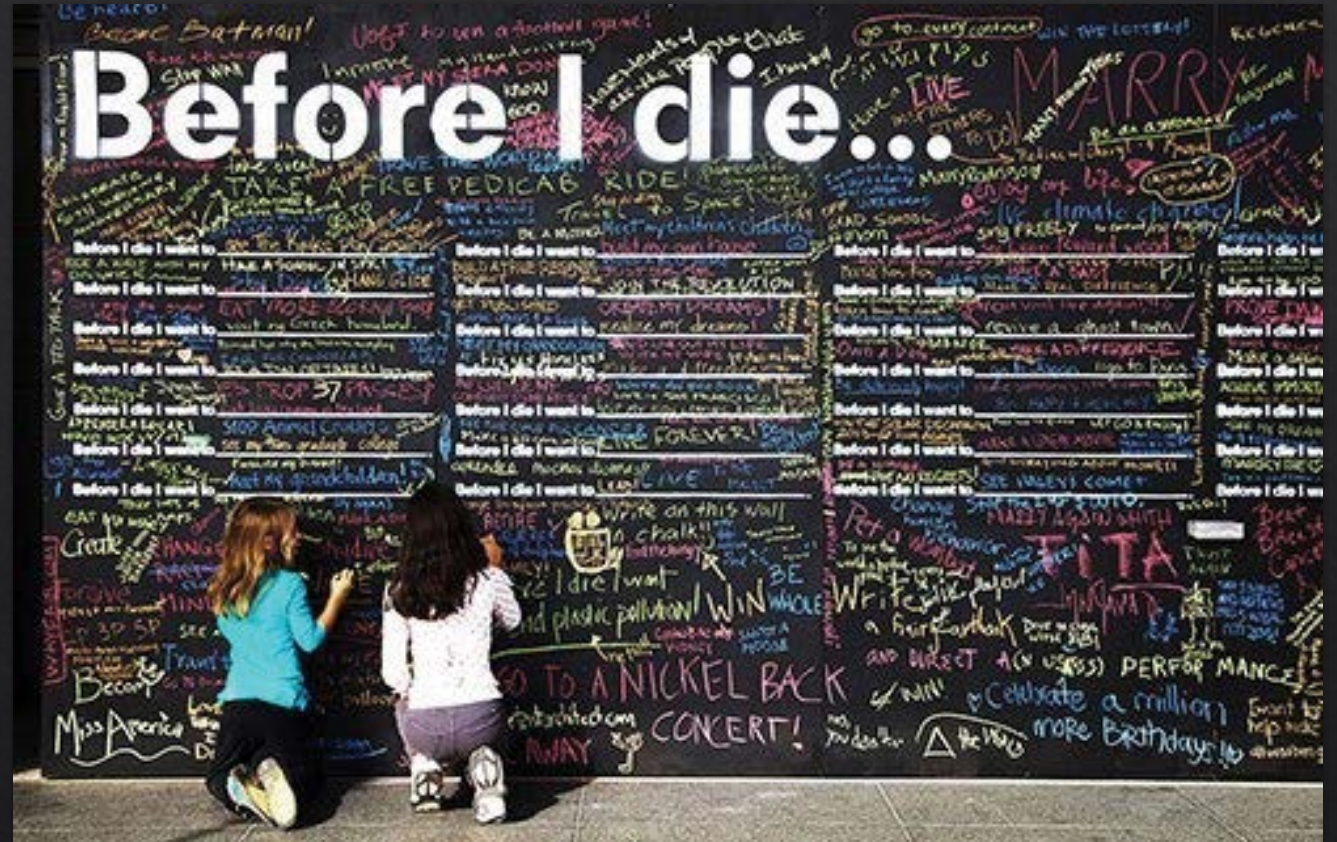


'Before I Die' by Candy Chang, 2011

In this ongoing 'participatory art' piece, members of the public are invited to write down what they want to achieve before they die on a giant chalkboard wall.

Modern artist Candy Chang built the first 'Before I Die' wall in New Orleans after the death of a loved one got her thinking about what matters in life.

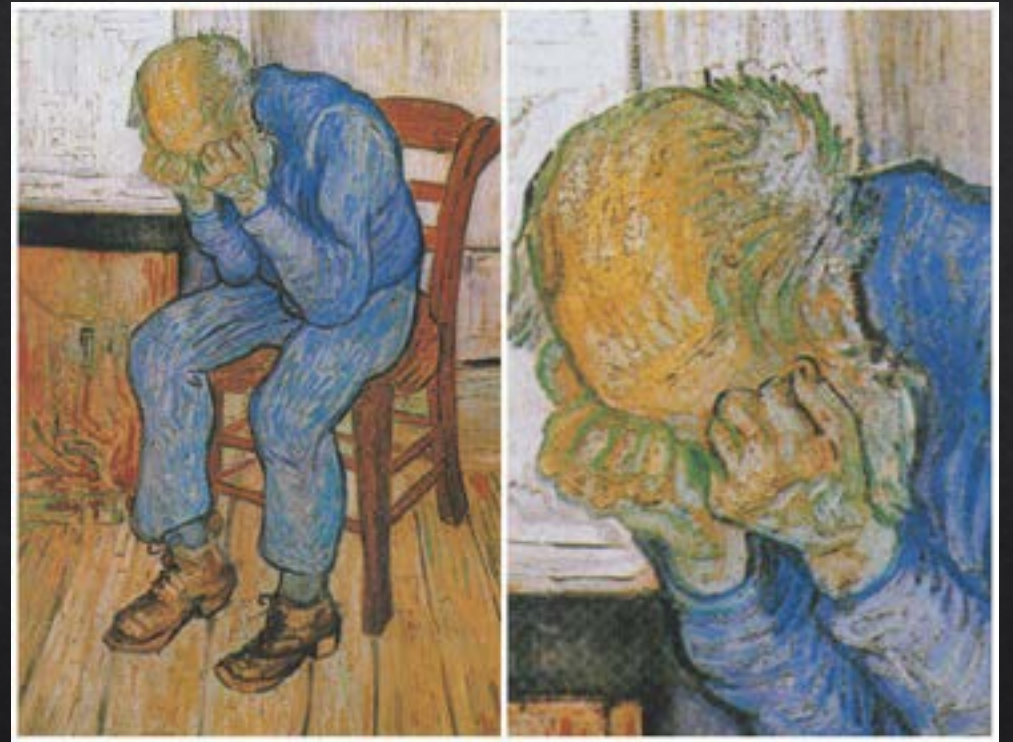
Since then there have been over 2,000 walls in over 70 countries, each one created by the local community and passers-by sharing their deepest desires and ambitions. Chang also set up a Before I Die website where you can find out more and see what people wrote



‘Sorrowing Old Man (At Eternity’s Gate)’ by Vincent Van Gogh, 1890

Van Gogh reworked this image several times in his life, based on a series of sketches he made of war veteran Adrianus Jacobus Zuyderland. Van Gogh said that the sight of the old man had moved him to think about life, death, and if there was some higher power.

Writing in his diary, he described the sight of the grieving old man as proof of the existence of “something on high”, calling it “unutterably moving” to see him bent double in sadness and grief



“Angel of Grief” by William Wetmore Story

- ◆ The 1894 sculpture, located in at the Protestant Cemetery in Rome, serves as the grave for Story’s wife. Replicas of the heart wrenching statue sit everywhere from Luxembourg to Costa Rica to Stanford University



Articles

Depression

◇ <https://adaa.org/understanding-anxiety/depression>

The Long Reach of Grief

- ◇ Sadness at the death of a family member has both psychological and neurologic effects. Experts explain the different ways we process loss.
- ◇ When her husband, Kevin, died from [amyotrophic lateral sclerosis](#) (ALS) at age 36, Jodi O'Donnell-Ames felt utterly adrift, despite having had the previous six years to prepare for his death. As Kevin's health declined to the point where he required a feeding tube and ventilation, O'Donnell-Ames cared for him around the clock. "When there's a diagnosis of a terminal illness, you grieve the losses that take place along the way," says O'Donnell-Ames, who is now 53 and lives in Pennington, NJ. "After he died, I felt lost, alone, and disconnected from the world. I was depressed and no longer knew how to live. I not only lost him, I lost my sense of purpose, which was an unexpected challenge."
- ◇ In December 2013, Jill Johnson-Young lost her wife, Kathy, to Lewy body [dementia](#) less than a year after she was diagnosed. It had been a grueling journey to get a correct diagnosis. "When she died, my grief was punctuated by guilt over how long it took to get answers and what she went through," says Johnson-Young, 55, a mother of three grown daughters and a grief therapist in Riverside, CA. "I was completely exhausted. I had nightmares, trouble concentrating, and poor motor skills. At the office I had to work twice as hard to pay attention." Within four months of Kathy's death, Johnson-Young had a small [stroke](#) that left her with balance problems that necessitated walking with a cane.
- ◇ O'Donnell-Ames and Johnson-Young both discovered that taking action helped them process their grief. O'Donnell-Ames volunteered for an ALS organization and found special ways to honor Kevin's memory. Johnson-Young volunteered in the dementia community. As she grieved, though, she was frustrated by the responses of some people in her inner circle. "I had the same surprise all griever have: The people you expect to be there for you sometimes are not," she recalls. "They can be judgmental or assume what grief should look like. Griever should be allowed to smile and cry and decide their own path on their schedule. They need to be able to sort out how to reorganize their new world."

That Discomfort You're Feeling Is Grief

◇ <https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>

How to Cope with Grief of an Unexpected Death

- ◇ When a loved one dies unexpectedly, many families feel overwhelmed with shock and denial. It may be difficult to comprehend, but there are ways to cope with grief in healthy ways. If families don't let themselves mourn their loss, it may turn into complicated grief or even [masked or delayed](#) grief.
- ◇ Mourning a sudden loss can be challenging, so we've created this reference guide to help make things a little easier.
- ◇ **Grief of an Unexpected Death**
- ◇ Psychologist and author Dr. [Therese Rando](#), Ph.D. discusses 12 [insights about grieving](#) the loss of a loved one. In terms of coping with an unexpected death, her seventh insight comes into play: *"The circumstances of your loved one's death will have a profound influence on you."*
- ◇ Rando says that when death occurs unexpectedly, it also brings about a type of personal traumatization. This personal trauma is due to being caught off guard and temporarily being unable to process what happened.
- ◇ It also may bring about these reactions and feelings:
- ◇ Heightened emotional reactions
- ◇ Distress over not being able to say goodbye
- ◇ Obsessing over the events and conversations leading up to their death
- ◇ Self-blame for their death (even though it's out of anyone's control)
- ◇ Intense feelings of disbelief
- ◇ Rando also brings up [secondary losses](#), which can be a variety of things, such as the loss of the relationship. This person may have been a life partner, family member, best friend, or another close relationship. Or, a secondary loss can refer to physical possessions, such as a house if it can no longer be afforded. This is especially painful and stressful when the grieving person was unprepared for their loved one's passing.
- ◇ **How to Cope with Grief**
- ◇ Rando [emphasizes that coping](#) with grief is NOT about letting go of the deceased. It's about creating a special way to honor their memory while learning how to live life without them. Families can memorialize their loved one through making a memento such as a photo wreath or a memorial candle. Or, they can create a [memorial tradition](#), such as a monthly family dinner to serve the deceased's recipes.
- ◇ Making funeral plans and other arrangements for an unexpected death can be overwhelming. But those grieving should still allow themselves time to accept the death and mourn their loss. Grief shouldn't be underestimated and everyone needs to determine a way to grieve that's right for them.
- ◇ Check out this article about [healthy ways to grieve](#) for some ideas.
- ◇ Those grieving can turn to trusted family and friends, but they may not relate unless they've gone through a similar experience. They can provide a listening ear and a shoulder to cry on, but those grieving should seek professional guidance if needed. Loved ones also can help those grieving by making sure they have meals and other necessities.
- ◇ *What other healthy grieving tips do you have? Share them with us in the comments*

2017

by [Jenny Goldade](#) | Sep 12,

Hand embroidery as a healing process

Hand embroidery

Hand embroidery relieves stress and has a therapeutic effect on the mind. It keeps your brain agile while enhancing your creative skills, and gives you something unique and personal



Hand embroidery helps many of us to focus—keeping worries and the chaotic thoughts of our daily life away. It is meditative and has been used as a therapeutic method to improve mental and emotional health. Did you know that World War soldiers, mainly from Britain, Australia, and New Zealand were encouraged to take up hand embroidery as a part of their rehabilitation? It was a part of the occupational therapy to help them gain back their fine motor skills and treat trauma. Louisa Pesel, a famous German-English embroiderer, played a remarkable role in introducing the art of needlework to these soldiers



Benefits of Hand Embroidery

It is therapeutic — keeps your fine motor skills sharp and your mind focus.

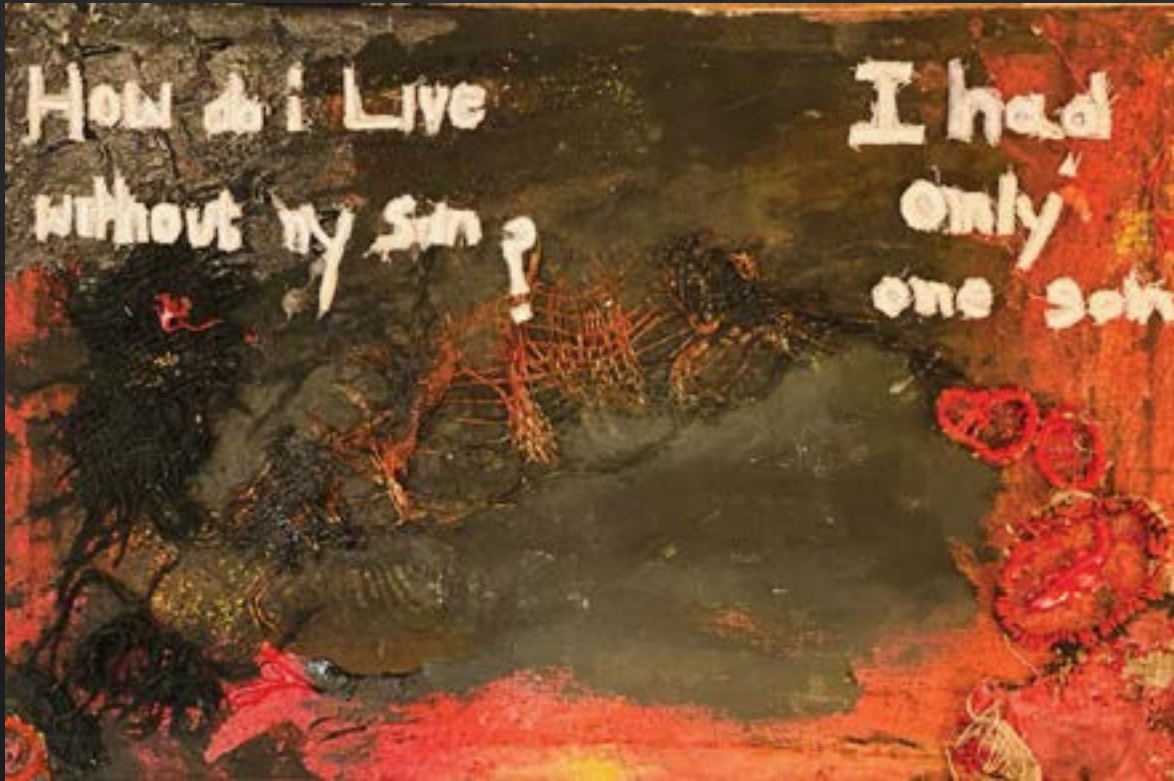
Boosts confidence — the more you make something beautiful, the more you know what you are capable of

Enhances creativity — encourages us to solve life problems creatively.

. Inexpensive and environment-friendly — a needle, some threads, and a piece of cloth—that's all you need to start and keep this hobby

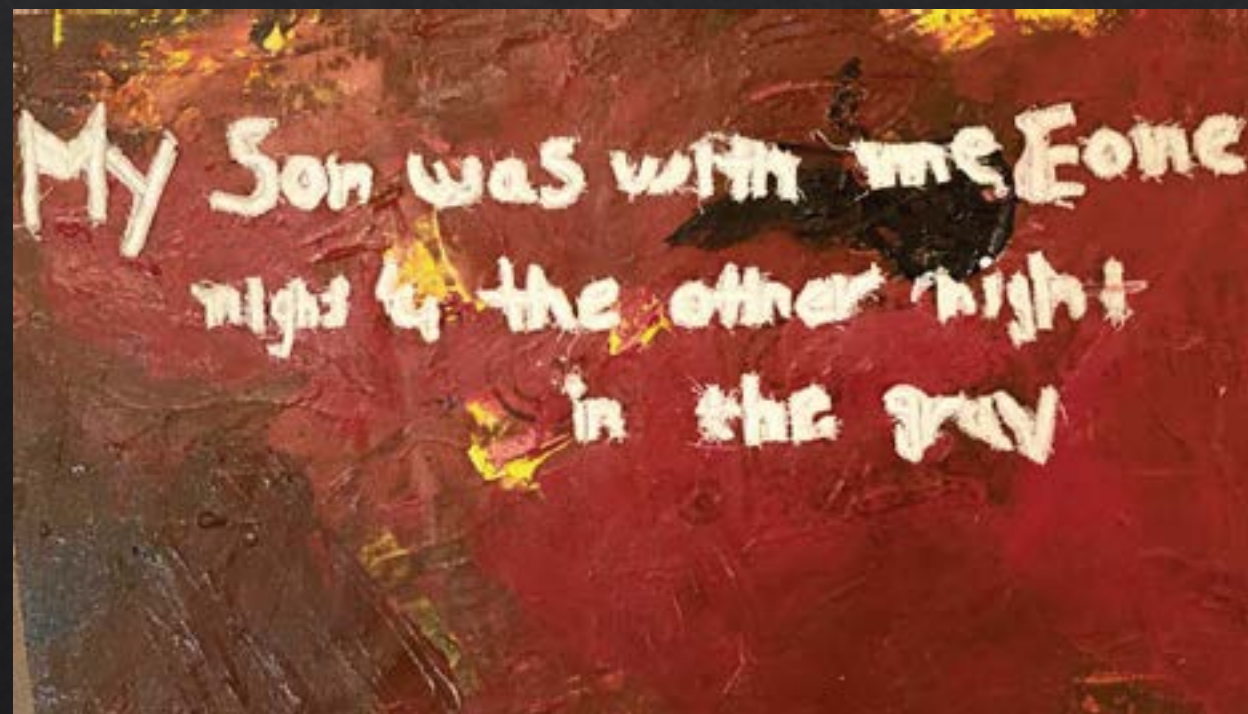
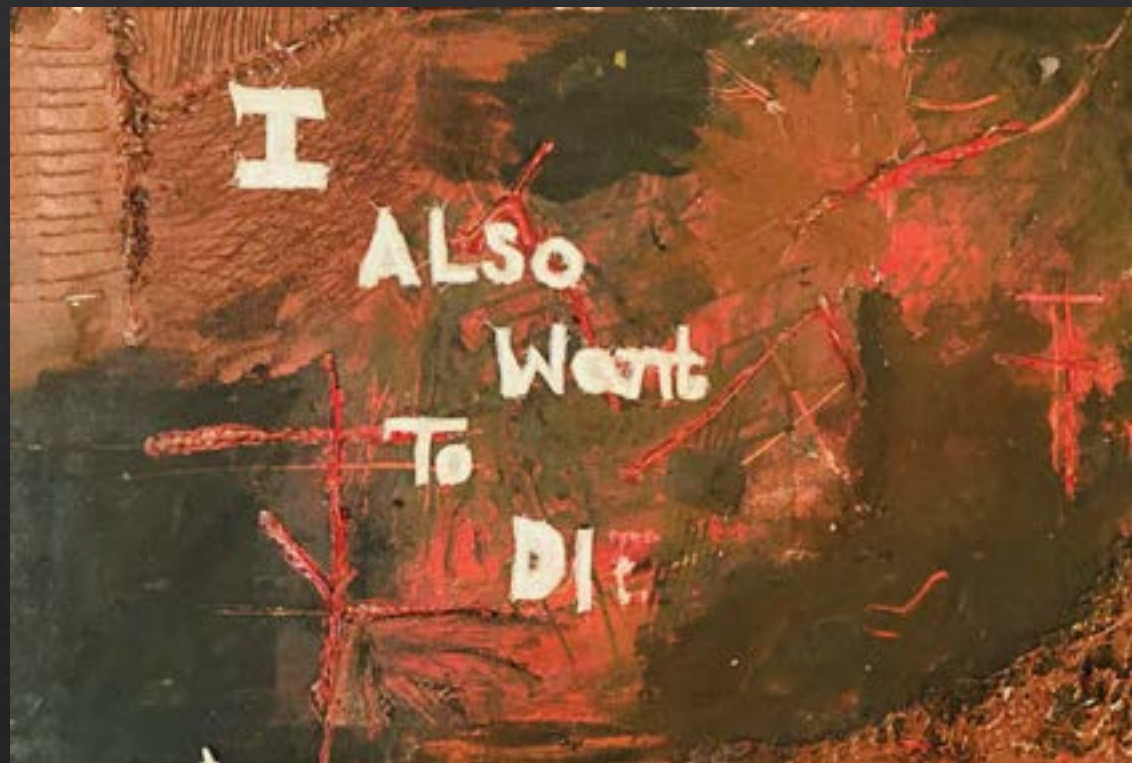
Express yourself — don't want to talk? Just stitch

BOARDS









BOARDS ON STAGES OF GRIEF



THE FIVE STAGES OF GRIEF

1

DENIAL

"We are in a state of shock and denial. We go numb. We wonder how we can go on, why we should go on. We try to find a way to simply get through each day. Denial and shock help us to cope and make survival possible. Denial helps us to pace our feelings of grief."

2

ANGER

"Anger is a necessary stage of the healing process. Be willing to feel your anger, even though it may seem endless. The more you truly feel it, the more it will begin to dissipate and the more you will heal. There are many other emotions under the anger and you will get to them in time..."

3

BARGAINING

"After" a loss, bargaining may take the form of a temporary truce. "What if I devote the rest of my life to helping others. Then can I wake up and realize this has all been a bad dream?" We become lost in a maze of 'If only...' or 'What if...' statements. We want life returned to what it was..."

4

DEPRESSION

"Empty feelings present themselves, and grief enters our lives on a deeper level, deeper than we ever imagined. This depressive stage feels as though it will last forever. It's important to understand that this depression is not a sign of mental illness. It is the appropriate response to a great loss...If grief is a process of healing, then depression is one of the many necessary steps along the way."

5

ACCEPTANCE

"Acceptance is often confused with the notion of being 'all right' or 'OK' with what has happened. This is not the case...We will never like this reality or make it OK, but eventually we accept it. We learn to live with it. It is the new norm with which we must learn to live."

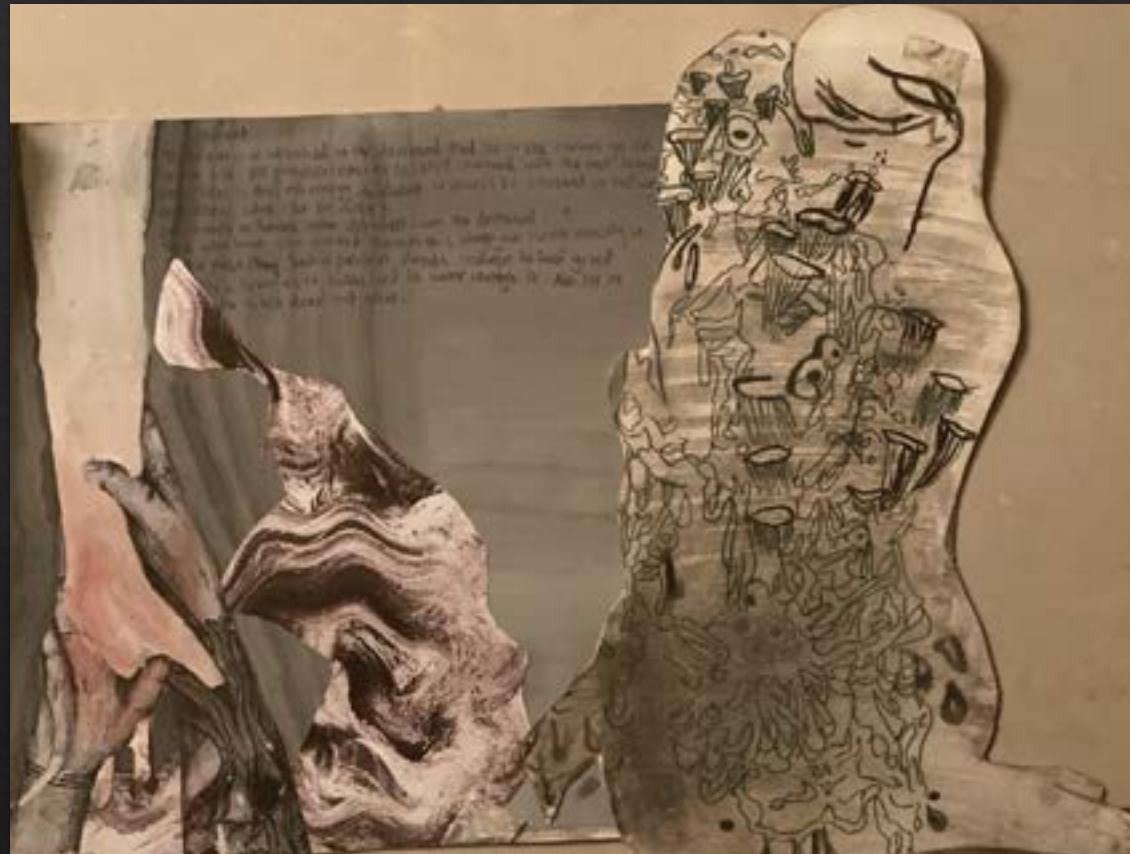
SHOCK



ANGER



BARGAINING



DEPRESSION

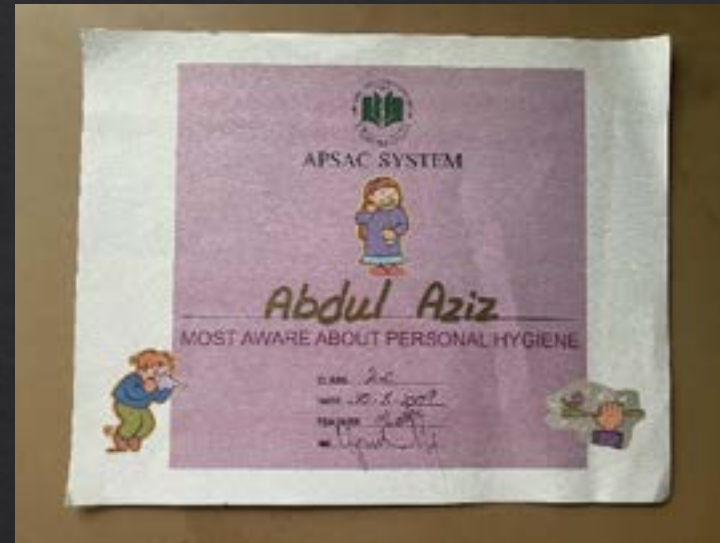


ACCEPTANCE



OBJECTS OF MY BROTHER WHICH HE USED TO UTILIZE
IN HIS DAILY LIFE











Written by my brother

Samsung Galaxy Note
Edge
Quick Line
Islamabad, 8.49km
Ict, Islamabad, F-10
Markaz Islamabad.
Phone: 0321-8599994

only for
mobile
Devices
092

FABRICATIONS

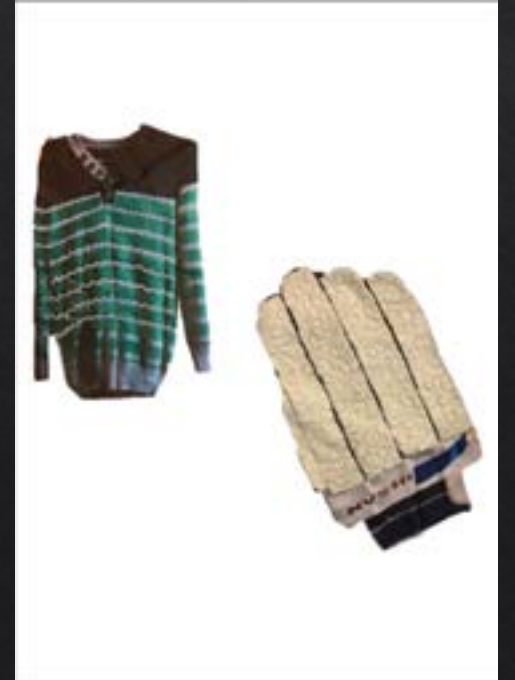
MEDIUM

Hand embroidery

Laser cutting

Knitting

All these thoughts and feels made us to recreate the memories of his clothes and other things which he used to utilize in his daily life. It was extremely difficult for me and my mother to make these hand embroidery objects because while making them we remembered every memory associated with my brother and it kind of took me back to the time when my brother was alive.



Why I choose hand embroidery

I choose hand embroidery as a medium because Doing hand embroidery is such a great stress buster for me. It's like I forget about everything around me and immerse myself in a world of my own. It resets and prepares me to be a better person. It takes me through a step-by-step process repeatedly, that made me more patient *Hand embroidery brought back self-worth and confidence in me. I now have a sense of being able to do more than what I had thought*







Certificate



Madrassa uniform





Magic Box
medium:
laser cut and
printing
hand
embroidery



LETTER TO MY BROTHER

It's been five years since you left this world. My brother losing you is the most painful experience imaginable. It's a feeling like having to continue with life, with only half a heart. There are many mornings filled with anger, denial, disbelief and many, many tears. People told me, "It will get easier," but that made me even more upset, because it wasn't getting any better. I wasn't until about 6 months after your death I felt something like a bit of weight off my heart. However, it was half a year that went by, where I felt like I could barely keep my head above water. My brother even today dad didn't allow anyone to open your closet. One day I opened your Quran pak. I saw that you have written the word complete three times over it. Seeing this my hands began to tremble and tears came to my eyes. Seeing this I remembered in the last few days before you left this world, you used to say that only a little bit of the Holy Quran is left, then my life will be completed. I don't know why Allah Almighty took you away from this world so quickly. There is a constant ache in my heart for all the memories we won't get to share together. I missed those times when we used to go together. First you drop me to the college and then you went to your madrassa. Even your madrassa used to

come first and my college later and I always told you that you would be late because of me. My brother you were my best friend in this world. I became flooded with thoughts of never getting to see your smile or hear your laugh again and those are unbearable. We won't be able to ~~spend more~~ make more memories. We won't be able to go to drive and listen our favorite songs. All these thoughts leave me with a lump in my chest, because my brother and I planned our lives out together. It feels as if ~~it's~~ he's been ripped away from me forever, who neither of us ever deserved that. That was the hardest day when you leave this world. Our younger brother Abdul Moez couldn't see you one last time. He was in the hospital when you passed away. It was just the second day you left this world when they discharge him from the hospital. Even though you both were in the car when the accident happened Allah Almighty saved him but I don't know why he called you so soon. When Moez came back to home after a while when he was feeling well, he started asking about you we couldn't tell him about you because the doctors said don't tell him ~~about~~ anything that would make him unwell again, but it was not possible to hide this thing from him so one day when we told him

about you, his condition became very bad. He was shocked and did not understand how this could happen. It took him a long time to believe this.

My brother after you left, our lives became very difficult we all went into the state of depression when ~~we~~ I received the news about your death it felt like I had received a blow to my stomach and all the air left my body. From the moment on I was numb and felt like I was living in a dream-world. Dad ~~can~~ handle himself. He had given up everything, didn't care about us and stop going to ~~work~~ factory. He just used to stay in your room all day ^{at that time} ~~there~~ was very patient and took care of us all. If she hadn't taken care of us all, we don't know what would have happened to us. I remembered papa used to say that he was my only son but mama told him that these children are also yours. You have to take care of them as well.

Losing you my brother has given me a re-evolution of life that I never wanted. As much as it's been the most painful, overwhelming, never ending, uphill battle I've ever had to endure, what stems from all the pain is love. LOVE. LOVE. LOVE the amount of grief

I felt losing you, is proportionate to the amount of love I have for you. There is so much agony, because our love runs so deep.

At the last I just wanted to say that losing you has shown me the true beauty of life. There is goodness, even in the bad. It's brought me to a better understanding of who I am as a person and helped me see the preciousness of my life and those around me. No, it's not easy, but the loss of such a special loved one has brought me back to reality. I miss you so much that it's helped me appreciate and grateful for the things I do have.

MEMORY BOX

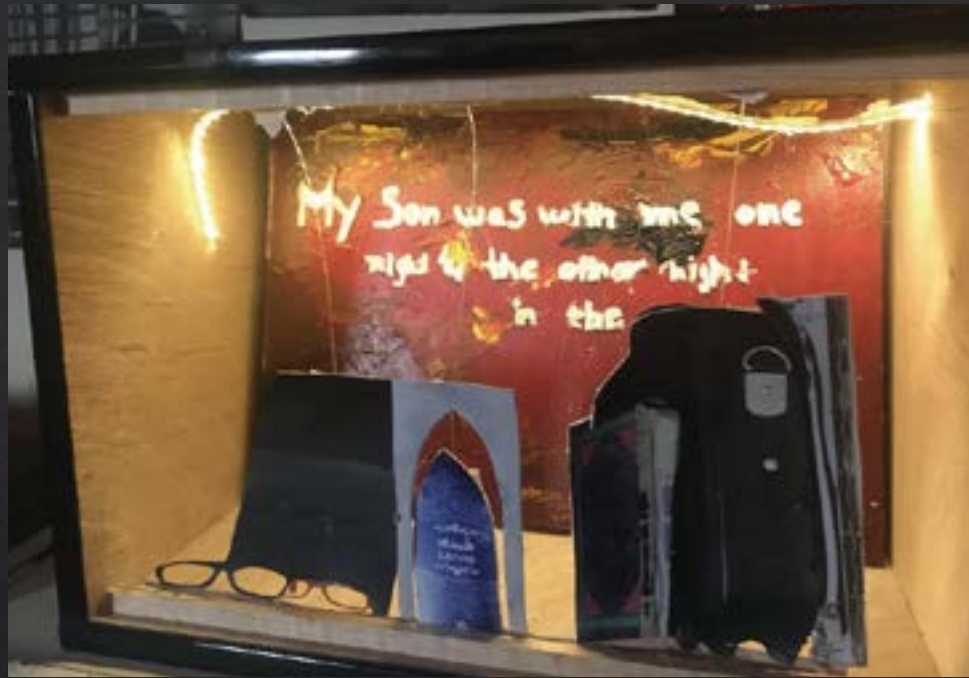
- These are the objects e.g.: perfume, face wash, hand cream, dumbbells which he used to utilize in his daily life
- MEDIUM: laser cut, Screen printing, hand embroidery





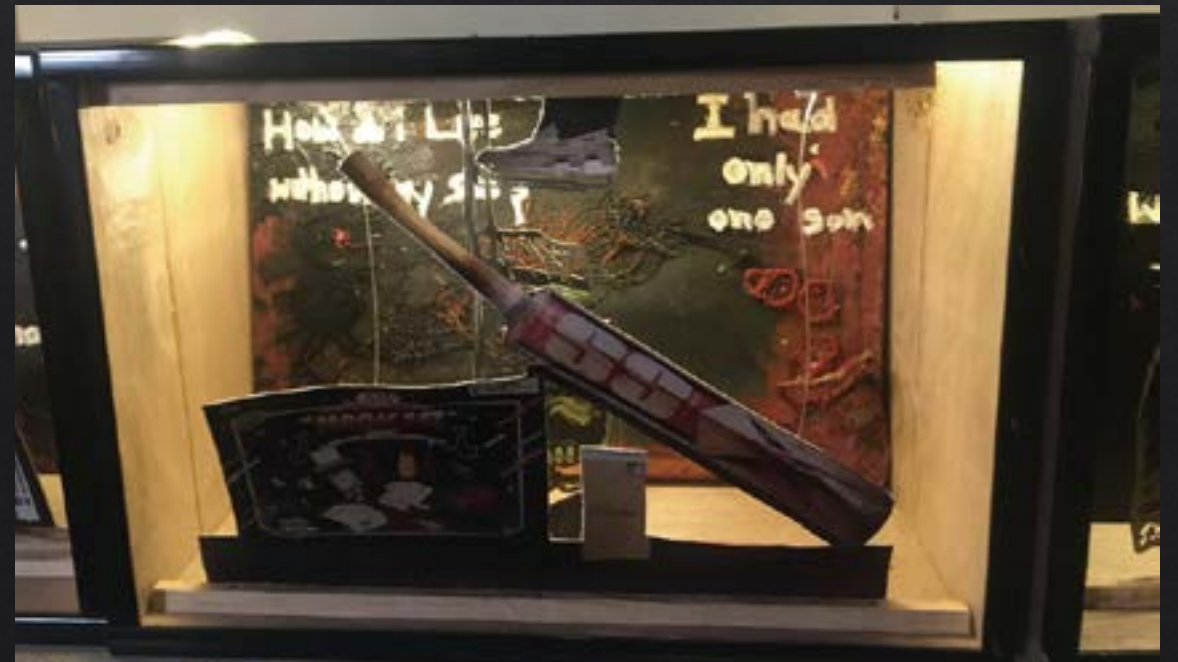
Brothers closet
medium:
laser cut
acrylic paints.





Bag, Quran pak, glasses, perfume box.

Bat, mobile box, magic box.



In this process, there is a going down and coming up. Their
devaluation of revalorization. At this point of depression, one
has reached the bottom as will probably be ready soon to start
upward.

Depression is accompanied by feeling of **badness, hopelessness, restlessness, uselessness**
loneliness, emptiness, a sense of great loss, tiredness
agitated sleep, inattention

During this stage, one lives the past's puts the deceased on a pedestal and finds realities
that there is no hope of return of loved one. The griever has difficulty
in incorporating the loss into cognitive structure and has difficulty in
dealing with the cares of everyday life. "Decisions are hard to make. One becomes
more inactive."

During this period, major decisions should usually be postponed until
more rational thought is possible. One should give
some time to reflection of where one is, where one is
going in the future, where one is, where one is, where one is
not was well. When one is well, one is well. When one is well,
it is possible to start again upward
toward the top.

MINI THESIS



FINAL THESIS DISPLAY



Machine knitting and hand embroidery











THANK YOU