



## Green Death Guide and Ways to Prepare [www.greendeathdoula.com](http://www.greendeathdoula.com)

Feel more alive today by reducing the discomfort of uncertainty around the end of your life through loving preparation.

Consider this document a list of potential options and resources, versus a list of requirements. Every person is a unique individual with specific situations. This list offers a view of possible ways to prepare so that you can discover what is important to you. If you feel overwhelmed with options, focus only on items that resonate with you and leave the others. Death planning is a gradual path of preparation that can be revisited as life circumstances change. By simply reading this list, you are taking an important first step and will benefit from beginning your journey.

### Connect To Nature now

Even if indoors, appreciate the view of the sky through a window, a potted plant, or a photo of nature  
Take a deep breath in and exhale slowly  
Feel the stability of the earth under your body

### Reflect on your purpose and values

Why are you reading this guide?  
What is your intention for creating a plan?

### Be kind to yourself

Welcome and accept whatever feelings arise as you work through this material  
Thank yourself for getting this far

### Identify your support network

Friends, family, neighbors, medical, spiritual, emotional, pets, plants and locations

### Complete an Advance Directive or

Select a medical advocate and share your concerns  
Free: <https://theconversationproject.org/>, <https://mydirectives.com/>  
Another option, \$5: <https://www.fivewishes.org/>

### Explore your relationship to your mortality

Engage in conversations  
Attend a Death Cafe (<https://deathcafe.com/>)  
Reflect and/or journal  
Read (Being Mortal by Atul Gawande)

### Consider and address any regrets/unfinished business

Relationships  
Financial documents  
Letters to estranged family or loved ones  
Create rites of passage and ceremony to make peace with loss

### Identify what a meaningful legacy looks like for you

Memory book or box, letters, life scroll, video, audio, crafted object, recipes, gifts

Pause. Breathe. Feel a sense of aliveness in this moment interconnected with all Life.

Establish preference regarding end-of-life healthcare treatments

- Talk with your doctors
- Assisted living facilities for prolonged disability
- Hospice and in-home support

Understand what a good death means to you

- Pain-free? Conscious? Peaceful? At home or in the hospital?
- How will Nature be incorporated? How will spirituality be honored?

Specify vigil wishes

- Visitors, touch, scents, flowers/plants, music/nature sounds, poems/prayers, photos/special objects, guided imagery, rituals

Pause. Breathe. Think of something, someone or a place that fills you with gratitude.

Communicate dead body care and body disposition wishes

- Ceremonial cleansing?
- Full-body donation to science?
- Burial - green or conventional? Casket/Shroud?
- Cremation - flame or water?
- Natural Organic Reduction?

Offer guidance to loved ones regarding memorial service/celebration of life/funeral ceremony

- Location? Attendees? Obituary? Poems/prayers/eulogy? Songs? Colors? Flowers?

Remind yourself that you are enough, you have enough and you have done enough.

If you would like my support as you prepare your personal death plan, please contact me at [kelli@greendeathdoulas.com](mailto:kelli@greendeathdoulas.com).