

Facing Death

What do you say or do to work through your thoughts and feelings about death?

Death comes to us all—whether we have faced our fears, or we have not. Our children will deal with death, whether we have prepared them, provided a healthy role model, or we have not. We don't have many choices about death, but we do have choices about how we cope with death.

EMOTIONAL HEALTH = WORKING THROUGH EMOTIONS Using Coping Skills

1: Acknowledge

Thoughts and feelings about death Identify or Label (Mind)

As you think about death, notice your automatic thoughts or beliefs—the stories you tell yourself.

1. Write down or speak aloud your thoughts and stories as you think about death.
2. Remember to breathe.
3. If you feel overwhelmed with emotions, practice self-compassion, take your time, seek support when needed.
4. Where did your thoughts of death originate?
5. How old do you feel when experiencing this?
6. How are your thoughts about death aligned with your beliefs, culture or history?
7. Do you notice any patterns or connections?
8. Spend as much time as you need to fully investigate your thoughts about life and death.

Experience (Body)

Notice how your body feels when you think about death—Tune inward

1. Write or talk about all of the physical sensations you experience as you think about death.
2. What happens in your body? Tears? Tightness in chest? What does your stomach feel like? How is your breathing? How do you sleep?
3. What triggers do you feel? Fight? Flight? Freeze?
4. Do you notice any sense of peace or calm?
5. Can your body relax, surrender and embrace emotions? Mindfully observe emotions with open curiosity?

2: Learn

Consider emotions as OPPORTUNITIES.

1. **Breathe, calm yourself**
2. **Intention**—How do you define coping with death? What do you envision? Who is your positive role model for coping with death? ([Tuesdays with Morrie?](#))
3. **Choices**—How do you wish to be remembered? What will be your legacy? How have you discussed death with those you love?
4. **Resources:**
Can you access religious or spiritual counsel?
Videos to assist you:
 1. [“We Are All Gonna Die” 35 in Hidden Brain Podcast.](#)
 2. [“Talk About Death While You Are Healthy” Ted.com Talk 14 min.](#)
 3. [4 Stories We Tell Ourselves About Death Ted.com Talk 15 min.](#)

3: *Let Go & Grow*

Release the need to control that which is out of your control.

1. Speak your truth, first with yourself, then with loved ones.
2. Prepare and plan for the end of life with:

[The Five Wishes](#)