

## Facing Fear of Death

### What do you say or do to work through a fear of death?

Death happens to everyone—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 not. We don't have many choices about death, but we do have some choices.

#### EMOTIONAL HEALTH = WORKING THROUGH EMOTIONS Using Coping Skills

### 1: Acknowledge: Fear of death

#### Identify or Label (Mind)

As you think about death, notice your automatic thoughts—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, seek support when needed.
4. Where did your stories come from?
5. How old are your thoughts?
6. What age do you feel when having your thought? (Are you an adult, teen or child?)
7. Do you notice any patterns or connections?
8. Spend as much time as you need to fully investigate your thoughts.

#### Experience (Body)

Notice how your body feels when you think about death—Anxiety, panic? Dread? Grief?

1. Write down or speak aloud about all the physical sensations you experience at you think about death.
2. What happens in your body? Tears? Tightness in chest? What does your stomach feel like? 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, embrace emotion or mindfully release emotion?

### 2: Learn

Consider emotions as OPPORTUNITIES.

1. **Breathe, calm yourself**
2. **Intention**—How you would like to cope with death? What do you envision?  
How would you like to role model your best coping?
3. **Choices**—How do you want to be remembered?  
What is your legacy?  
Have you discussed death with those you love?
4. **Resources:**  
\* Do you have religious or spiritual leaders for shared discussion?  
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. Talk openly with loved ones.
2. Prepare and plan for end of life using:

[The Five Wishes](#)