NAVIGATING THE LAST CHAPTERS OF LIFE

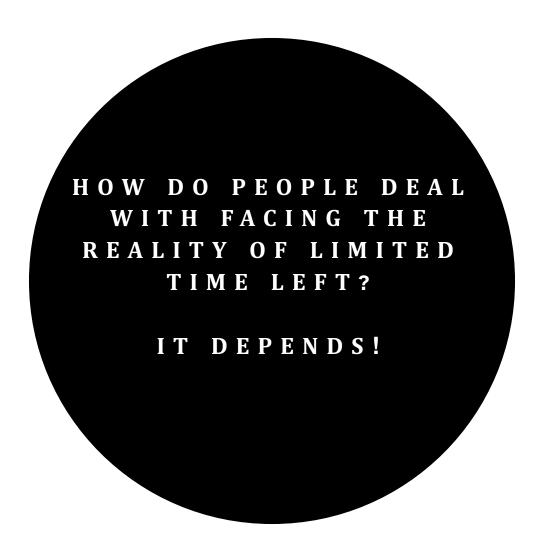
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- You can only get certain things from certain things.
- If you want something
- Go to where you can get it
- Not to where you aren't going to get it.
- You have to respect what is there
- In order to get out of it
- What there is to be gotten out of it
- You run into trouble
- If you try to make things what they are not
- You won't get what there is there
- If you adjust to what's there
- Then you can work with it successfully.



- I am sure to grow old; there is no way to escape old age
- 2. I am sure to become ill; there is no way to escape ill health
- 3. I am sure to die; there is no way to escape death
- 4. All that is dear to me and to those I love will change there is no way to escape being separated and parted from them
- 5. I am the owner of my actions; whatever actions I do, good or bad, of these I shall become the heir. I am responsible for the consequences of my actions.



Personal characteristics (PC's)

Reality of our lives - circumstances



- 4 traits associated with happiness:
- a. high self-esteem,
- · b. feeling of personal control,
- c. optimism, and
- d. extraversion



- 1. Status
- 2. Diminished physical and mental abilities
- 3. Loss of friends and family
- 4. Facing not achieving what we had hoped to achieve in life



 Happiness is U-shaped: least happy in middle, happier at the end



- 1. Truly appreciating life in different way: awe; gratefulness
- 2. New positive statuses
- 3. Changed perspectives, priorities
- 4. Time for what we want to do
- 5. Self-reflection, turning inward



- 1. I wish I'd had the courage to live a life true to myself, not the life others expected of me
- 2. I wish I hadn't worked so hard.
- 3. I wish I'd had the courage to express my feelings.
- 4. I wish I'd stayed in touch with my friends.
- 5. I wish I'd let myself be happier.



- This is my last chance to...
- 1. Leave a good name
- 2. Leave a legacy
- 3. Express who I am: creativity
- 4. Work on relationships
- 5. Do more of whatever is satisfying to me
 - 6. Do less of what isn't important