



NAVIGATING THE
LAST CHAPTERS OF LIFE

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COPING PACKAGE

- 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.
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- You have to respect what is there
- In order to get out of it
- What there is to be gotten out of it
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- You run into trouble
- If you try to make things what they are not
- You won't get what there is there
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- If you adjust to what's there
- Then you can work with it successfully.



**BUDDHA'S 5
REMEMBRANCES**

1. 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.

**HOW DO PEOPLE DEAL
WITH FACING THE
REALITY OF LIMITED
TIME LEFT?**

IT DEPENDS!

Personal characteristics
(PC's)

Reality of our lives -
circumstances



**THE SCIENCE OF
HAPPINESS:
BRENDAN KELLY**

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



COMMON LOSSES

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




**THE SCIENCE OF
HAPPINESS:
BRENDAN KELLY**

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



POTENTIAL GAINS

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



**TOP 5 REGRETS OF
THE DYING
BONNIE WARE**

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.



**WHAT DO PEOPLE
ACT ON?**

- 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