

Presented by BU Happiness College

Making Peace with Mortality



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"That it will never come again is what makes
life so sweet"

- **Emily Dickenson**

The Fears Behind the Fear of Death



Fear that death will cause grief to loved ones



Fear that important ambitions and projects will come to an end



Fear that the process of dying will be painful



Fear that they will no longer be able to have experiences



Fear that they'll no longer be able to care for loved ones



Fear about what will happen if there is life after death



Fear about what might happen to their body after they die

Credit: Caitlin Doughty, Founder of The Order of the Good Death

Anticipatory Grief

In the lead up to loss it is common to experience 'anticipatory grief'. This grief follows the 5 stages of grief model.



Denial



Anger



Bargaining



Depression



Acceptance

The Common Regrets of the Dying

I wish I'd had the courage to live a life true to myself, not the life others expected of me.



I wish I hadn't worked so hard



I wish I'd had the courage to express my feelings



Credit: Bronnie Ware

The Common Regrets of the Dying (part 2)

I wish I had stayed in touch with my friends



I wish that I had let myself be happier



Which of the common regrets do I resonate with?

Credit: Bronnie Ware

How to Make Peace with Mortality



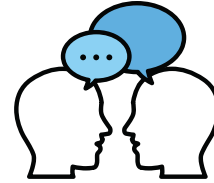
Embrace the reality of death



Make peace with your beliefs



Consider the legacy you want to leave



Talk about death more openly



Get your priorities in order



Explore your underlying fears & regrets proactively

Notes:

A close-up photograph of a person's hands holding a pen and writing in a spiral notebook. The person is wearing a dark-colored shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains.

Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...