

# Exploring Fears and Uncertainties



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# Aim of the session

- Thinking about fears and anxieties about the future
- Providing some management ideas and time to reflect on what you need
- The importance of self care and wellbeing
- Understanding grief

# Encountering something beyond what is known

Looking after someone you care about can increase your fear of death and dying

- Write down any fears or anxieties you may have
- Does anything trigger your thoughts?
- Looking beyond your fear you can start to “unpick”
- Anxiety usually wrapped up in anticipation about the future

# Living life in fear of death

- Frightening to think about
- What can you control?
- Making plans
- Worry period
- Think about how you are affected by others?



# What can I do?

- New activities
- Help to bring back some control
- Memory boxes
- Talk
- Validate your fear
- Focus on today



# What else can I do?

- Keep a journal
- Plan a life of independence
- Keep talking and sharing memories
- Tell your loved one how you feel
- Identify when you are struggling

# Feelings and Emotions

- Emotions you may experience
- Expressing our feelings
- Suppressing our response
- Has your relationship changed?
- Changes in behaviour
- Make a list of your difficult emotions and thoughts that coincide with fear of losing your loved one

# Emotional Support

Where can I get it from?

- Counsellors
- Spiritual care and chaplaincy
- Support groups



# Self care

- What does self care mean to you?
- Think about how stressed you feel?
- Resilience what is this?
- A requirement not an extra
- Red flags
- Personal limitations



# Five ways to wellbeing

Connect

Be active

Take notice

Try something new

Do something nice



# Think about Grief

- We only grieve deaths
- Only family members grieve
- Individuals should leave grieving at home
- We slowly and unpredictably recover from grief
- Grieving is letting go of the person who dies
- Grief will not last forever
- Grievers are best left alone



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