

Our Mortality

**Teaching us of Life
&
Informing our care**

Objectives

Explore how reflecting on our own mortality:

1. Shows us we *all* offer Spiritual Care
2. Strengthens our patient/family care through growing empathy.
3. Positively affects our sense of purpose, improves job satisfaction, and aids in our resilience.



What is Death?

“Death is when oxygen no longer is able to supply your brain.

That’s the final common pathway.” Dr. Atul Gawande (Author of
“Being Mortal”)

“The Final Common Pathway”

1. Foundation of *Empathy*.

2. *Empathy* that shines in the eyes, informs every touch, creates and attentive pause before each step of care.

3. *Empathy* that quietly recognizes every patient/family as a story with a past, present, and future. A story that is often in the process of radically changing.

“The Final Common Pathway”

3. Totally familiar, yet beyond us.

- a) Do not know when we will die.
- b) What is beyond death is a mystery

4. Calls us to identify that which is most important

- a) Caring for our history
- b) Caring for our relationships
- c) Identifying our dreams, our desired future
- d) Difficult, challenging, rewarding
- e) Learning how to die/learning how to live

We are all Spiritual Caregivers

Learn to talk about death by talking about life.

Know the unanswerable question of suffering that is part of every life.

Know gratitude for each moment, because we know life will end.

Breath is Life, is Spirit

Hebrew Word – “Ruah”

➤ Breath

➤ Wind

➤ Spirit



Thank you for who you are
Thank you for your spiritual care