

4<sup>th</sup> International Conference on

# Palliative Care, Medicine and Hospice Nursing

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## Yvonne Heath

*Love Your Life to Death, Canada*

### **I Just Showed Up: Teaching people of all ages to show up for themselves and others, so they are empowered and resilient when grief arrives**

I don't know what to do. I don't know what to say. Have you ever said these things or felt this way when someone was grieving, in crisis or suffered a loss? Even as healthcare professionals? Avoided a hard conversation or situation? Didn't support a colleague? Buried your own grief? Haven't we all? Why should we change? Why do we need to do better? Why? Because... Grief shows no mercy. It arrives unannounced and uninvited. It does not care what else you are going through and it does not care if you've had enough. Everyone grieves—regardless of age, race, culture, gender, sexual orientation or economic situation; Divorce, diagnosis, mental health issues, financial stress and yes, facing an end of life.

The 7 Take Aways are the culmination of my learning in 30 years of nursing and in interviewing hundreds of people. Living by these principles, you will learn to live well, grieve well and die well—and teach others to do the same.

#### **The 7 Take-Aways**

- The best time to talk about, plan and prepare for grief is when we are young and healthy. The Next Best Time is Now!
- It Takes a Village to support: the ill, the caregiver, the dying, the bereaved and each other.
- When someone is grieving
- Just Show Up! To be empowered, resilient and compassionate
- Show Up For Yourself First! Structure Your Life in such a way that you are self-reliant (and so are the people surrounding you).
- Find your Post, and hold onto it.
- What will Your Legacy be?

#### **Biography**

As a Registered Nurse for 30 years, working in the United States and Canada. Yvonne has witnessed our society's death phobia and our reluctance to talk about, plan to prepare for grief, causing excessive suffering. Her new purpose? To empower compassionate communities and professionals to live life to the fullest, learn to grieve and support others and have "The Talk" about the end of life long before it arrives.

[yvonne@loveyourlifetodeath.com](mailto:yvonne@loveyourlifetodeath.com)

#### **Notes:**