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Yvonne Heath

Love your Life to Death, Canada

Love your life to death: Exploring the 7 take aways so you can live well, grieve well, die well and teach others to do the same

As a follow-up discussion to Yvonne's plenary I Just Showed Up, we explore the 7 Take Aways further and discuss in the detail the things we can do as medical professionals both personally and professionally. How do we grieve? What is self-care? Why have we become scared of Death? What is your legacy as a Do you avoid those hard conversations or situations? 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 and diffuse the fear. Yvonne shares her message—with heart and humor— using intelligence, empathy and genuine uplifting spirit, to combine a powerful mix of personal insights and lessons. Yvonne demonstrates how we can live well, die well, and transform our world into a happier place. She is the Founder of the I Just Showed Up movement (Teaching people of all ages to show up for themselves and others, so they are empowered and resilient when grief arrives) and Love Your Life to Death.

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