



## LOSS & CHANGE

**AIM:** To explore participants experience and reactions to loss and change

### LEARNING OUTCOMES

By the end of the session, participants will have:

1. Listed the current roles in life that they have.
2. Experienced the emotions associated with past and future losses.
3. Reflected on their experiences of past losses and the prospect of future losses, including the possibility of death & bereavement.
4. Recognised how our own experience of loss and change enables us to be alongside a client.
5. Identified what might be difficult when working as a volunteer alongside a client facing death.

## **‘BOOKLET OF HOPE’**

“We all face death as the ultimate truth of life. No one escapes death.

Our lives are a process leading to an eventual close of the chapter.

Very often in modern life, we forget this until we face the possibility of our own mortality.

This can be by learning we have a life-threatening illness, by the sudden death of someone close to us, or by an experience that jolts us to this realisation.

Much of the fear surrounding cancer relates to fear of death. Many cancer patients later express gratitude for the opportunity to get their priorities in order, to re-evaluate what they are doing with their time on earth and to appreciate the growth and insight experienced from their illness. They often become less afraid of death.

Death is a universal human condition. No matter who we are, how much or how little we possess, how important or unimportant we are, every one of us will face death sooner or later. All we can really do is live life to the fullest when there is happiness and carry on in spite of sorrows.

Life is limited for every human being”

*Suzann Prince-Stoltenberg (1993) Booklet of Hope*

# LIFE

If I had my life over again, I'd try to make more mistakes next time.

I would relax. I would limber up.

I would be sillier than I have ever been on this trip.

I know of very few things I would take seriously.

I would be crazier.

I would be less hygienic.

I would take more chances.

I would take more trips.

I would climb more mountains, swim more rivers and watch more sunsets.

I would burn more gasoline. I would eat more ice-cream and fewer beans.

I would have more actual problems and fewer imaginary ones.

You see, I am one of those people who live prophylactically and sensibly and sanely.

Hour after hour.

Day by day.

Oh, I've had my moments, and if I had to do it over again, I'd have more of them. In fact I'd have nothing else.

Just moments, one right after another, instead of living so many years ahead of each day.

I have been one of those people who never go anywhere without a thermometer, a hot-water bottle, a gargle, a raincoat and a parachute.

If I had to do it over again, I would go places and do things and travel lighter than I have.

If I had my life to live over, I would start barefoot earlier in the spring and stay that way later in the fall.

I would play hooky more often.

I wouldn't make good grades except by accident.

I would ride more merry-go-rounds.

I'd pick more daisies.

If you hold your nose to the grindstone rough and hold it down there long enough you'll soon forget there are such things as brooks that babble and a bird that sings.

These things will your world compose: just you, a stone, and your darned old nose!

*Nadine Stair. (85 years old)*